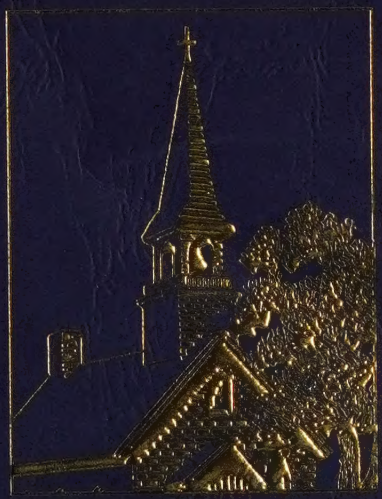
Bless This Food



With Love from the Churches of Cedar Falls

IOWA 150
Celebrate Our State

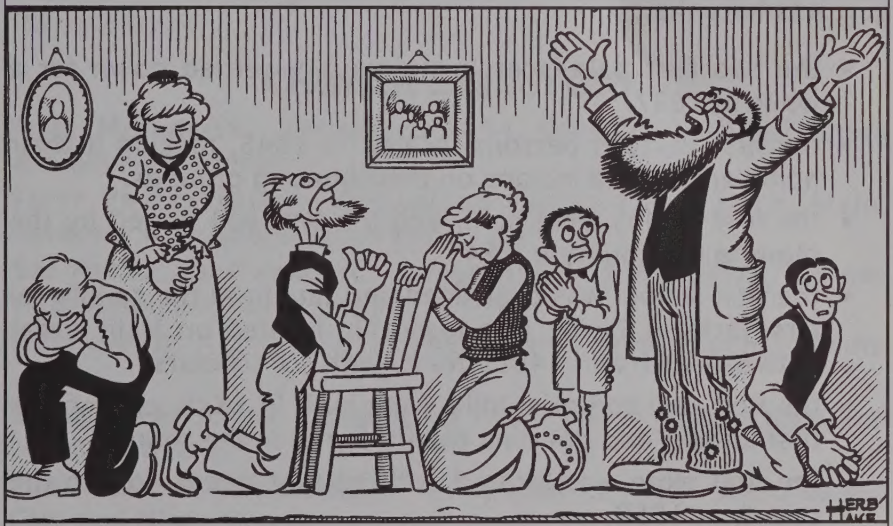
HISTORICAL RECORD

OF

CEDAR FALLS

THE GARDEN CITY OF IOWA

1843 FIFTY YEARS 1893



CONTAINING

A Brief History of Iowa,

of

Black Hawk County,

AND A FULL AND COMPLETE DESCRIPTION OF

Industrial and Picturesque Cedar Falls

* *Excerpts from the writings of* *

PETER MELENDY,

CEDAR FALLS, IOWA

1893

THE GARDEN CITY

Iowa, the Garden state of the Union, Black Hawk county, the Garden Valley of the State, and Cedar Falls the Garden city of the county, the oldest point in Black Hawk County, and the first county seat.

The first permanent settlement was made on the west bank of the Cedar river one hundred miles west of Dubuque, Iowa, where Cedar Falls now stands.

It was here that:

- the two first pale-faces in the county settled down for a while in 1837.
- the first thirteen persons located in 1845, making it their home among the Indians on their hunting grounds.
- the first cabins were built, and the first soil turned by the plow, in the county in 1845.
- the first school was organized and taught in the county by Mrs. Jackson Taylor, in a log cabin located on Main street between 13th and 14th streets, with six scholars.
- the first saw and grist-mills were built in 1848, cutting the first lumber and grinding the first grist in the county.
- the first store was located and the first goods sold in the county in 1850.
- the first post office was established, and the first post master appointed in the county, in 1849.
- the first lawyer hung out his shingle, Samuel Wick, in 1851. Wick also built the first dwelling house (frame) in the county same year.
- the first lots were platted into a town site, and the first lot sold in the county.
- the first village in the county was incorporated in 1853, and which dates the beginning of the history of the town and county.
- the first county court was held Oct. 3rd, 1853.
- the first newspaper was issued in the county in September, 1853, called "The Banner."

A great many other first things of the county originated here but we have not room to name them all. It would be impossible to name all of the beauties of this *"Gem of the Cedar Valley."*

RELIGIOUS

Cedar Falls is a city of churches, twelve in number. With our many churches, her strong, active, earnest patrons, her Sabbath schools, her young peoples societies and her missionary enterprises, the religious interests are bright and encouraging for the Garden City.

Pioneer Church

As to the pioneer church of Cedar Falls there seems to be a question as to which one of the churches was first, the Methodist, Presbyterian or Catholic. They all seem to have had evangelists on the ground in 1852-3-4, carrying the word into the wilderness.

CHURCH DIRECTORY

First Methodist – Organized 1854. Brick, corner Washington and Seventh streets.

First Presbyterian – Organized winter 1854. Brick, Main, between Sixth and Seventh streets.

St. Patrick's Catholic – Organized 1854. Brick, corner Washington and Sixth streets.

First Baptist – Organized in 1858. Frame, corner Main and Fifth streets.

St. Luke's Episcopal – Organized 1855. Frame, corner Main and Seventh streets.

First German Evangelical – Organized in 1857. Brick, corner Clay and Ninth streets.

First Congregational – Organized 1860. Stone, corner Clay and Sixth streets.

First German Lutheran – Organized in 1865. Frame, corner Tremont and Eighth streets.

Second Lutheran (Danish) – Organized 1871. Frame, corner Bluff and Ninth streets.

First Universalist – Organized 1878. Frame, Main, between Fifth and Sixth streets.

First Free Methodist – Organized 1885. Frame, corner Main and Tenth streets.

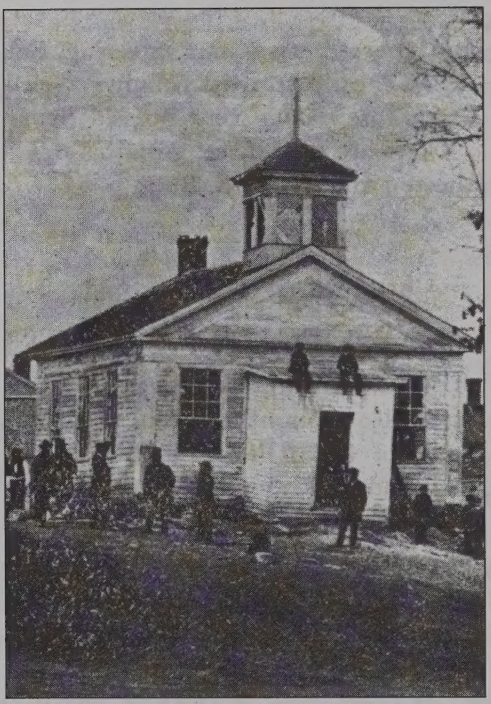
Second Baptist (Danish) – Organized 1879. Frame, Main between Tenth and Eleventh streets.

Mission Sabbath School – Organized 1878. Frame. East Cedar Falls school house.

Normal Sabbath School – Normal Chapel Sabbath p.m.

Normal Young Men's Christian Association –

Normal Young Women's Christian Association –



CEDAR FALLS FIRST SCHOOL HOUSE
1853

The first school house in Cedar Falls (Sturgis Falls) on the corner of 5th and Main Streets.

This 16x20 ft. building and surrounding area was often used by the early churches as their meeting house until a permanent structure could be established.

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This Cedar Falls Church Cookbook was inspired by the Black Hawk County Sesquicentennial Committee.

Printing provided by Woolverton Printing Company of Cedar Falls, Iowa.

Line drawings provided by Woolverton Printing Company
Judy Stribling Stiers, Artist

History excerpted from "Cedar Falls, 1843, 1893"
by Peter Melendy.

Caricature of early religions meeting by Herb Hake.

Thanks to all and *ENJOY!!*

1995

IOWA
150
Celebrate
Our State
1846 • 1996

Bethlehem Lutheran Church

(Danish)

4000 Hudson Road

Cedar Falls, Iowa

Past

Present

In 1897, a group of fifty men and women, mostly of Danish descent, met in the hall above J.P. Larsen's harness shop at 222 Main Street to organize a new congregation. It was unanimously decided to name it Bethlehem Congregation, "Bethlehem" meaning "the house of God's bread." Two lots were later purchased at the corner of Main and 14th Streets, and the original church was built on that property and dedicated on September 18, 1898. Several changes were made to the original structure to accommodate growth and to meet the changing needs of the congregation throughout the years that followed.

In 1976, after months of study and informational meetings, the congregation voted to relocate. The Bethlehem congregation left its original building in 1978, moving to its current home at 4000 Hudson Road. Bethlehem had outgrown its old facilities, and experienced even more rapid growth following the move. Thus, additional space was added to the new building in the spring of 1991.

Throughout the nearly 100 years since the birth of this congregation, it has been served by twelve different Senior Pastors. Staff was expanded with the calling of an Associate Pastor in 1989. This additional staff position allows for growth in programs to serve children and youth, and families of all types, whether traditional or non-traditional.

While many things at Bethlehem Lutheran Church have changed, several things have remained the same from the early years of this congregation. The model ship which hangs in the nave, or worship area, of the church is an old Danish custom, and a reflection of a heritage extending back to the congregation's founding. While that heritage remains proud and strong, it is but a background for a church which is, today, on the growing edge of ministry and mission in Cedar Falls.

AEBLESKIVER

4 c. bisquick
3 c. milk
4 eggs

Stir just until combined but not smooth. Bake in a hot greased aebleskiver pan, turning once during cooking.

AEBLESKIVER

4 egg yolks
1 t. salt
4 egg whites - stiffly beaten
1 t. baking soda
3 T. sugar
2 c. buttermilk
2 c. flour

Beat egg yolks with sugar. Add the rest of the ingredients, folding in the beaten egg whites last. Bake in greased aebelskiver pan using Crisco and part butter.

Mrs. J.L. Markussen
(by Margaret Cundy)

AEBLESKIVER (Danish Pancake Balls)

2 c. flour
1 t. baking powder
1/2 t. salt
2 cups buttermilk
2 T. sugar
1 t. baking soda
3 eggs - separated

Beat egg whites until stiff and set aside. Mix buttermilk and egg yolks and add the dry ingredients. Gently fold in the beaten egg whites.

Heat the Aebelskiver pan which is usually a heavy cast iron pan having seven wells. Put a small amount of cooking oil in each well and fill each 3/4 full of batter. When bubbles begin to form, turn gradually using a cake tester and continue baking. Turn the balls often to get a nice even golden color, about 5 minutes in all. To serve, put in a bowl and sprinkle with powdered sugar and serve with jelly, jam or sugar. One batch makes approximately. 28 balls.

Freda Lovejoy

DANISH APPLE BARS

2½ cups flour
1 t. salt
2 handsful corn flakes
8-10 apples, sliced
1 egg white
1 t. vanilla
1 cup powdered sugar
2 T. water
1 cup shortening
1 egg yolk - add milk to make 2/3 cup of liquid
1 cup sugar
1 t. cinnamon

Mix flour, salt, and shortening as in a pie crust. Stir in liquid to form dough. Roll out 1/2 dough to fit jelly roll pan. Sprinkle dough with crushed corn flakes. Add apples, sugar and cinnamon. Roll out remaining dough, place on top of apples and seal.

Beat egg white to a froth and brush on top of crust. Bake at 350° for 45 to 60 minutes.

Drizzle top while warm, with powdered sugar mixture.

Grandma Lena Westergaard
(by Rosa Emerson)

DANISH APPLECAKE

2 cups bread crumbs
1 T. sugar
1/2 pint whipping cream
1/2 cup butter
2½ cups applesauce (tart)
2 T. sugar

Brown the crumbs well in the butter. Place the crumbs in serving dish in layers alternately with the cooled applesauce. Allow to harden in refrigerator.

Serve cold with a generous amount of whipped cream topping sweetened with granulated or powdered sugar and flavored with vanilla. Decorate with dabs of red jelly.

Margaret M. Woodruff

DANISH PASTRY STRIPS

4 cups flour
2 pkgs. yeast in 1/4 c. water
3 sticks margarine
1/2 t. salt
4 egg yolks
4 T. sugar
2/3 cup evaporated milk

Mix flour, sugar, margarine, and salt like pie crust. Add beaten egg yolks to the milk and yeast mixture. Combine with the above flour mixture. Store in refrigerator overnight. Divide into 6 portions. Roll out very thin and place on greased cookie sheet. Spread beaten egg whites down the center. Place filling on, and sprinkle with brown sugar. Fold in sides to center. Let rise until light. Bake at 350° for 20 minutes.

Prune Fillings: 1 (2 lb) pkg. prunes (cooked and pitted.), 1 1/2 cups sugar
Cook carefully, stirring well. Add 1 t. vanilla and thicken with 1 T. corn starch in a little cold water.

Almond Paste: 1 lb. almond paste (buy at bakery), 1/2 cup butter,
1 cup light syrup, 1 cup sugar. Mix well together and keep in refrigerator.

Irene M. Johnson

BOILED EGG COFFEE

1 egg
1 cup cold water (divided)
1 cup regular grind coffee
6 cups boiling water

Use a granite coffee pot. Wash egg, break it, reserve shell and beat slightly. Add 1/2 cup cold water and the 1 cup coffee. Add crushed egg shell. Mix thoroughly. Turn into coffee pot; pour on boiling water, and stir. The spout of the pot should be stuffed with soft paper to prevent escape of the fragrant aroma. Boil 3 minutes. If not boiled, coffee is cloudy. If boiled too long, too much tannic acid is developed. Add 1/2 cup cold water, which perfects clearing. Cold water, which is heavier than hot, sinks to the bottom and carries grounds with it. Serve at once.

Emma C. Jensen

DANISH CHICKEN MEAT BALLS FOR CHICKEN SOUP

1 lb. raw chicken or turkey *Note
1 egg
1/2 cup milk or more
salt & pepper
1/4 lb. pork sausage (can be omitted)
1 scant T. flour
1/2 t. nutmeg or more to taste
a little onion

Cut raw meat from bones and grind with pork sausage with fine grinder. Add egg, flour, milk, nutmeg, salt & pepper. Stir vigorously. Use a tablespoon & spoon into chicken soup. Cook for about 1/2 hour. Delicious.

*Note – Most meat markets have a raw ground chicken or turkey - if not ask them to grind it for you.

Annette McBride
(by Margaret Cundy)

FRIKADELLER - MEAT BALLS

1½ lb. ground round steak
1/2 lb. ground pork
1 grated onion
2 eggs - beaten
Milk or cream
1/2 t. pepper
4 T. flour
1/2 t. cloves
1½ t. salt

Mix above ingredients, beat vigorously until mixture is smooth and well blended. Heat, in heavy skillet, 3 T. butter. Drop the meat mixture by rounded tablespoonsful into skillet. Brown. Steam in oven about 1 hour until ready to serve.

Mrs. Egon Pedersen

RULLEPLSE - MEAT ROLL

1 flank beef or lamb
1 T. salt
1 t. pepper
1/2 t. saltpeter (opt.)
2 thin slices, pork
1/2 t. allspice
1 onion, cut fine

Brine: 2 1/2 qts. of water, 1/4 cup brown sugar, add enough salt to float an egg.

Cut flank to form a square or rectangle. Flatten out and sprinkle with seasonings and onion. Lay on pork slices. Roll very tightly and sew ends and sides. Wrap tightly with cord and place in cold brine for ten days. Simmer for 2 hours on top of stove (meat should be placed on a rack). Press between 2 flat surfaces until cold.

Hart and Rigs Madsen
(by Donna Hansen)

CITRONFROMAGE (Lemon Snow)

3 eggs - separated
1 envelope of Knox gelatin
1 orange (juice)
1 cup sugar
1 lemon (juice)
1 cup whipping cream

Beat egg yolks and sugar until lemon-colored. Soak gelatin in 1/2 cup cold water. Melt over hot water. Add gelatin to egg mixture, juice from lemon and orange and a scant teaspoon of grated orange and lemon rind. Chill until it begins to thicken. Fold in whipped cream and then beaten egg whites. Refrigerate. Serve with whipped cream, if desired.

Elin M. Koch

PEPPERNUTS (Pebernodder - Danish Christmas Treat)

1 cup oleo (use Imperial!)
1 egg yolk
pinch salt
1/2 T. ginger
3 cups flour (may take a little more)
1 1/2 cup packed brown sugar
6 T. whipping cream or rich cream
1 T. cinnamon
pinch of cloves

Cream oleo and brown sugar. Add remaining ingredients, cover and CHILL well. Roll a portion of dough on floured pastry cloth into a long, pencil-like rope. Cut into bite-size pieces and place on ungreased cookie sheets. Bake at 325° about 20 minutes or until light brown. Keep in a tight container. The rolled lengths of dough may be frozen and baked as needed. Young and old alike enjoy making this special Danish treat at Christmas.

Freda Lovejoy

MOLASSES PEPPER NUTS

1 1/2 cup sugar
1/2 cup molasses + 1/2 cup corn syrup (mixed)
1 t. cloves
4 or 5 cups flour
2 t. cinnamon
1 cup oleo (soft)
2 eggs
2 t. soda in 2 T. vinegar
1/2 t. salt
1/2 cup anise seed-crushed
1 t. nutmeg

Mix ingredients in order, adding flour last. Chill dough overnight. (For stronger anise flavor, chill longer.) Using a small amount of dough at a time, roll, on a floured surface, into a rope the diameter of your little finger. Slice into 1/2 inch pieces and arrange on baking sheet. Bake at 350° for about 10 minutes. Watch closely as they burn easily.

Lisa K. Nelson

BUTTERFINGERS

1 cup brown sugar
1/2 cup white sugar
1 cup butter or margarine
3/4 cup peanut butter
6 oz. (1 cup) chocolate chips
4 cups oatmeal

(easy; no flour, no eggs)

Grease 9x13 pan. Cream sugars and butter. Add oatmeal. Put into greased pan. Bake at 350° for 12-15 minutes. Melt 3/4 cup peanut butter and 6 oz. chocolate chips and spread on top. Cool.

Kirsten Moore

SNACK BREAD

1 loaf Pepperidge Farm thin slice white bread

Mix together: **1 cup sugar**
1 cup softened butter
2 T. grated orange rind

Spread each slice with sugar, butter and orange zest mixture; cut each slice into three fingers. Place on cookie sheet and bake at 250° for one hour or until crisp. Enjoy! For 1/2 recipe use 15 slices of bread and 1/2 of sugar mixture.

Luella Hooden Larsen

MOM'S RHUBARB COBBLER

1 cup flour
1 heaping teaspoon baking powder
add milk to make globby
1/2 cup sugar
1 egg

Cover the bottom of a 9x9 pan with 2 cups rhubarb mixed with 1 cup sugar and 3 eggs. Put the first mixture over the top of the rhubarb, sugar and egg mixture. Bake at 350° for about 30 minutes or until done. Best served warm topped with ice cream.

Ardelle Klein Brown

GERMAN POTATO SALAD

3-4 strips of bacon
2 T. flour
3 eggs
1/2 cup vinegar
7-8 potatoes
1 cup chopped onion
3/4 t. salt
1/2 cup sugar
1 cup water

Cook potatoes with jackets on. Cut bacon in small pieces. Fry. Remove bacon. Stir in flour and salt. Add sugar, vinegar, and water. Bring to a boil. Add bacon pieces and onion and pour over the cut, cooled potatoes. Make ahead and reheat for best flavor.

Linda Lewis

BOSTON BAKED BEANS

1 lb. (package) pea beans (or other kind)
1 medium onion, sliced
2 T. molasses, dark
2 dashes black pepper
1/2 lb. salt pork, cut from rind, in 8 pieces
1/4 cup karo syrup, dark
1 t. dry mustard
1/4 cup + ketchup

Rinse and pick over beans, soak (covered with water) overnight. In the morning, drain and cover with fresh water. Bring to barely boiling for about 20-30 minutes. Spoon out a bean and blow on it. If the bean skin breaks, they're ready to bake. Spoon the beans into a bean pot (or dish with a good-fitting lid) with 4 pieces of the salt pork and half the onion slices on the bottom. Add enough of the cooking water to barely cover the beans.

Add remaining ingredients and stir gently to mix. Top with remaining salt pork and onion. Bake at 325° for at least 6 hours. Check every hour and add more of the cooking water to keep level just below the top beans.

Glena Nelson

CHOCOLATE MOUSSE

4 - 1 oz. sq. semi-sweet chocolate
1/3 cup water
2 T. cognac
3/4 cup granulated sugar
4 egg yolks
1 cup heavy cream

Melt chocolate over hot water in top of double boiler. Boil sugar and water together until clear and syrupy. Scrape the chocolate into blender container, turn on the machine. While the machine is running pour the hot syrup over the chocolate. Drop the egg yolks in one at a time. Add the cognac. Cool to room temperature. Whip the cream until stiff. Fold the chocolate mixture into the whipped cream. Chill for 2 hours.

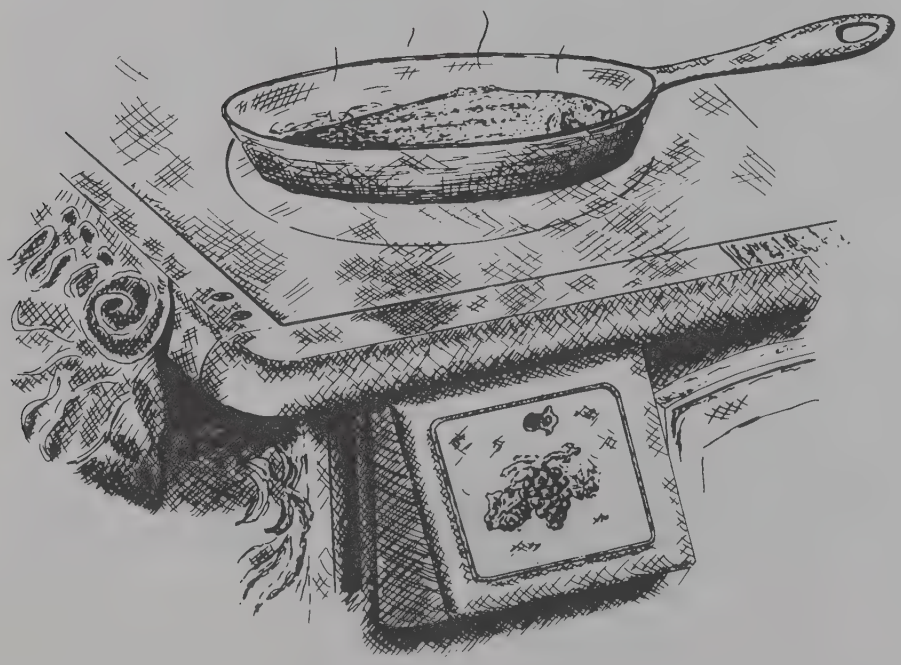
Mary Johns

PEANUT BUTTER PIE

1 - 3 oz. cream cheese
1/2 cup powdered sugar
Graham cracker crust
1/2 cup peanut butter
1 small cool whip (or add a bit more)

Cream cheese and peanut butter together. Beat in sugar. Cream together, then add cool whip. Put in crust – top with cool whip. Place in refrigerator to harden.

Pastor Cindy Ford Breed



Cedar Bible Church

717 Green Avenue
Cedar Falls, Iowa 50613

Past

Present

A small group of area residents under the leadership of Rev. Lloyd L. Holm began Sunday rental in September, 1950, of a dance hall called the Silver Slipper, which was located on Highway 218, north of Cedar Falls. Early each Sunday morning, the group gathered to "facelift" the interior in preparation for the church services of the day – chairs were set in rows, a choir was placed in the band area, and the ticket booth became a pulpit. Months later the building was permanently leased, and support generated from community businesses and churches brought the establishment of the Cedar Valley Service Center, which thrived through the entire decade of the Fifties. In addition to Sunday worship services, the CVSC became a haven for people in need. Donated clothing and food were freely (or for a small donation) distributed to anyone inquiring. Meals and assistance were offered to those without. The single level addition on the right side of the building became a restaurant staffed by volunteers providing meals for little more than the cost of the food.

Four years later, in September, 1954, from the ministry of the CVSC, the Cedar Bible Church was organized as a separate entity. The infant church continued to hold services at the Cedar Valley Service Center until a new church home was built on the corner of Fern and Green Avenues, across from the North Cedar School in 1957. A second building program was completed at the same site in 1967, completing the present structure.

Rev. Lloyd L. Holm served as the first and founding pastor until July of 1972, when he began a ministry to rural Iowa churches. David J. Holm, the founding pastor's son, then became the new pastor, and is currently senior pastor of the church. The church changed its name in 1963 to Cedar Bible Baptist Church, and in 1991, returned to its original name of Cedar Bible Church. The church was organized as a member church of the IFCA (Independent Fundamental Churches Of America), and is currently in fellowship with the IFCA, a national association of nearly 800 churches.

SWISS CORN BAKE

1 16 oz can creme style corn or (drained) whole Kernel corn
2 beaten eggs
1 cup soft bread crumbs
1 - 5⅓ oz. can evaporated milk (2/3 cup)
1 cup shredded swiss cheese
2 T. finely chopped onion
2 T. butter, melted

Combine corn, evaporated milk, 3/4 cup of cheese, eggs and onion and dash of pepper. Turn mixture into 10x6x2 inch baking dish or 1 qt. casserole. Toss bread crumbs with butter and remaining cheese. Sprinkle over corn mixture. Bake at 350° for 25-30 minutes.

Options: Use cheddar or mozzarella cheese

Joyce Bowman

GIANT BREAKFAST ROLLS

For 12 giant rolls:
2 pkg. active dry yeast
1/2 cup melted butter
3 eggs beaten
4½ cups flour
1 cup warm water (105°-115°)
1/2 cup sugar
1/2 t. salt

Filling:
1/2 cup soft butter
1/2 cup ground almonds
1/2 cup sugar
cinnamon to taste

Frosting:
1 cup powdered sugar
1 t. butter
2-3 t. milk, cream or water
3/4 t. almond extract

In large bowl, dissolve yeast in warm water. Let stand 5 minutes until yeast foams.

Stir in butter, sugar, eggs, salt and 1/2 the flour. Beat until smooth.

Stir in all but 1/4 cup of the remaining flour until dough is stiff.

Cover, Refrigerate 2-24 hours.

Dust remaining flour over the dough and turn out onto a lightly floured board.

Roll out to a 12 by 24 inch square. Spread with butter. Sprinkle with sugar, cinnamon and almond mixture.

Roll up as for jelly roll. Cut into 12 slices.

Grease a 9x13 pan. Place rolls in pan. (May be refrigerated overnight at this point)

Let rise in warm place.

Bake at 375° for 20-30 minutes.

Mix powdered sugar, milk and almond extract. Frost and serve warm.

Laurie Holm

EASY CAKE

1 pkg. jiffy cake mix - white
1 pkg. vanilla or lemon instant pudding
cool whip
8 oz. cream cheese, softened
1 cup milk
1 can cherry pie filling
chopped walnuts

Bake jiffy cake in 9x13 pan according to directions on box.

Mix cream cheese, instant pudding and milk and spread over top of cooled cake.

Top with cherry pie filling.

Spread cool whip over top of cake and sprinkle nuts over all. Enjoy

Yeda Christie

PIZZA CASSEROLE

4 oz. sliced pepperoni
1/4 or 1/2 large onion
1 cup (4 oz) grated Swiss cheese
3 (8 oz.) tomato sauce
4 oz. sauteed mushrooms
1/2 t. basil
1/2 cup melted butter
6 oz. cooked spaghetti
16 oz. grated or sliced Mozzarella cheese
1/2 t. oregano

Saute onions and mushrooms in 2 tablespoons butter. Pour remaining butter into 11x7x2 inch pan. Toss spaghetti in butter. Cover with one can tomato sauce. Add in this order: 1/2 Swiss cheese, 1/2 pepperoni, 1/2 Mozzarella and all the mushrooms and onion. Sprinkle with herbs, then add rest of Swiss cheese, pepperoni, sauce and Mozzarella. Bake 20-25 minutes at 350° or until bubbly. (You can change or add your own ingredients.)

Caroline Ledtje

BANANA NUT BREAD

5 large ripe bananas
1 cup shortening
4 cups sifted flour
1 t. salt
4 eggs, well beaten
2 cups sugar
2 t. soda
1 cup nuts (chopped)

Beat bananas until liquid. Combine with eggs and set aside. Cream together shortening and sugar until fluffy. Add banana mixture and blend. Add sifted dry ingredients and stir until smooth. Fold in nuts. Pour into two greased loaf pans. Bake at 350° for 40 to 50 minutes, or until done.

Caroline Ledtje

SWISS CORN BAKE

1 16 oz can creme style corn or (drained) whole Kernel corn
2 beaten eggs
1 cup soft bread crumbs
1 - 5⅓ oz. can evaporated milk (2/3 cup)
1 cup shredded swiss cheese
2 T. finely chopped onion
2 T. butter, melted

Combine corn, evaporated milk, 3/4 cup of cheese, eggs and onion and dash of pepper. Turn mixture into 10x6x2 inch baking dish or 1 qt. casserole. Toss bread crumbs with butter and remaining cheese. Sprinkle over corn mixture. Bake at 350° for 25-30 minutes.

Options: Use cheddar or mozzarella cheese

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For 12 giant rolls:
2 pkg. active dry yeast
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3 eggs beaten
4½ cups flour
1 cup warm water (105°-115°)
1/2 cup sugar
1/2 t. salt

Filling:
1/2 cup soft butter
1/2 cup ground almonds
1/2 cup sugar
cinnamon to taste

Frosting:
1 cup powdered sugar
1 t. butter
2-3 t. milk, cream or water
3/4 t. almond extract

In large bowl, dissolve yeast in warm water. Let stand 5 minutes until yeast foams.

Stir in butter, sugar, eggs, salt and 1/2 the flour. Beat until smooth.

Stir in all but 1/4 cup of the remaining flour until dough is stiff.

Cover, Refrigerate 2-24 hours.

Dust remaining flour over the dough and turn out onto a lightly floured board.

Roll out to a 12 by 24 inch square. Spread with butter. Sprinkle with sugar, cinnamon and almond mixture.

Roll up as for jelly roll. Cut into 12 slices.

Grease a 9x13 pan. Place rolls in pan. (May be refrigerated overnight at this point)

Let rise in warm place.

Bake at 375° for 20-30 minutes.

Mix powdered sugar, milk and almond extract. Frost and serve warm.

Laurie Holm

EASY CAKE

1 pkg. jiffy cake mix - white
1 pkg. vanilla or lemon instant pudding
cool whip
8 oz. cream cheese, softened
1 cup milk
1 can cherry pie filling
chopped walnuts

Bake jiffy cake in 9x13 pan according to directions on box.

Mix cream cheese, instant pudding and milk and spread over top of cooled cake.

Top with cherry pie filling.

Spread cool whip over top of cake and sprinkle nuts over all. Enjoy

Yeda Christie

PIZZA CASSEROLE

4 oz. sliced pepperoni
1/4 or 1/2 large onion
1 cup (4 oz) grated Swiss cheese
3 (8 oz.) tomato sauce
4 oz. sauteed mushrooms
1/2 t. basil
1/2 cup melted butter
6 oz. cooked spaghetti
16 oz. grated or sliced Mozzarella cheese
1/2 t. oregano

Saute onions and mushrooms in 2 tablespoons butter. Pour remaining butter into 11x7x2 inch pan. Toss spaghetti in butter. Cover with one can tomato sauce. Add in this order: 1/2 Swiss cheese, 1/2 pepperoni, 1/2 Mozzarella and all the mushrooms and onion. Sprinkle with herbs, then add rest of Swiss cheese, pepperoni, sauce and Mozzarella. Bake 20-25 minutes at 350° or until bubbly. (You can change or add your own ingredients.)

Caroline Ledtje

BANANA NUT BREAD

5 large ripe bananas
1 cup shortening
4 cups sifted flour
1 t. salt
4 eggs, well beaten
2 cups sugar
2 t. soda
1 cup nuts (chopped)

Beat bananas until liquid. Combine with eggs and set aside. Cream together shortening and sugar until fluffy. Add banana mixture and blend. Add sifted dry ingredients and stir until smooth. Fold in nuts. Pour into two greased loaf pans. Bake at 350° for 40 to 50 minutes, or until done.

Caroline Ledtje

MINI CHIP SOUR CREAM STREUSEL CAKE

3/4 cup margarine, softened
1 1/2 cups mini chocolate chips
1/4 cup packed light brown sugar
1/4 cup finely chopped nuts
1/2 t. cinnamon
1 1/2 t. baking soda
1 1/2 cups (12 oz.) sour cream
1 1/2 cups sugar
3 eggs
1 t. vanilla
3 cups all-purpose flour
1 1/2 t. baking powder
1/4 t. salt

Heat oven to 350° F. Grease 12-cup fluted tube pan. In large mixing bowl, beat margarine, sugar, eggs and vanilla until light and fluffy.

In separate bowl, stir together flour, baking powder, baking soda and salt; add alternately with sour cream to margarine mixture. Stir in mini chocolate chips.

Spread half of the batter in prepared pan. In small bowl, combine brown sugar, nuts and cinnamon; sprinkle evenly over batter.

Spread remaining batter evenly over top. Bake 55-60 minutes or until golden brown and wooden pick comes out clean. Cool 15 minutes; remove from pan to wire rack. Cool completely. Frost with chocolate frosting. (10 servings)

Neala Irwin

WALLY'S HAMBURGER STROGANOFF

onion to taste
2 T. flour
1 can sliced mushrooms, drained (opt.)
1 cup sour cream
1 lb. ground beef
salt & pepper to taste
10 1/2 oz. can cream of chicken soup
parsley

Brown ground beef and onion; drain well.

Add flour, salt, pepper and mushrooms. Cook 5 minutes.

Add soup, simmer uncovered 10 minutes.

Stir in sour cream. Heat through.

Sprinkle with parsley.

Serve over rice or noodles. (4-6 servings)

Neala Irwin

MACARONI SALAD

1 cup of cooked macaroni
1/2 cup chopped celery
2 hard boiled eggs, diced
1 medium onion, minced
1/4 cup chopped sweet pickles
3-4 olives

Mix with regular salad dressing or mayonnaise, salt, and pepper to taste.

Donna Hemmer

FILLING AND FROSTING FOR CAKES

5 T. flour
1 cup sugar
1 t. vanilla
1 cup milk
1 cup butter

Add flour to small amount of milk and make smooth paste. Then add rest of milk.

Cook until thick, then cool.

Cream sugar, butter and vanilla together.

Then add cooled mixture to the creamed mixture and beat well with a mixer.

Nuts, coloring, 1/4 cup cocoa (to make chocolate frosting) may be added as desired.

Thelma Barnes

RHUBARB CRUNCH

1 cup flour
1/2 cup butter or margarine
1/3 cup flour
3/4 t. baking powder
1 t. vanilla
nuts (if desired)
5 T. powdered sugar
2 eggs well beaten
1 1/2 cup sugar
2 1/2 - 3 cups rhubarb
1/4 t. salt

Blend the flour, powdered sugar and butter. Pat mixture into a 9x13 cake pan and bake (350°) 15 minutes.

Combine eggs, sugar, flour, baking powder, salt and vanilla and mix with rhubarb. Spread this over the baked crust and bake 40 minutes in a 350° oven. Serve with whipped cream.

You'll like this dessert even if you don't care much for rhubarb

Thelma Barnes

POTATO SOUP

2 T. butter
1/2 cup chopped onions
1/2 cup chopped carrots
1 cup chopped celery
3 cups cubed potatoes
2 T. snipped parsley
10 1/2 oz. can chicken broth
3/4 t. salt
1/8 t. pepper
3 1/2 cups milk
1/4 cup flour plus
1/2 cup more milk

Heat butter in a 3 qt. saucepan and saute onions till tender, (not brown). Add the remaining vegetables, broth, salt and pepper.

Cover and simmer till the vegetables are tender. About 15 minutes. Reduce heat, add 3 1/2 cups milk. Heat till hot – Do not boil.

Blend flour with remaining 1/2 cup milk and add stirring constantly into soup. Cook slowly until bubbly and slightly thickened.

Mrs. Gary Irwin

POUND CAKE

6 eggs
3 cup flour
3/4 cup 7-Up (warm)
3 sticks butter
3 cups sugar
1 t. vanilla

Mix and pour into a bundt pan which was sprayed with Pam.

Bake at 350° for 1 hour 45 minutes.

Cheryl Spahn

BARBECUE SAUCE

1 can 6 oz. frozen grape juice concentrate
3 t. brown sugar
3 t. minced green onion
1 t. dry mustard
1/4 t. celery seed
1 1/4 cup ketchup
1 1/2 cup water
1/4 cup white vinegar
3 t. worcestershire sauce
1/2 t. salt

Combine all ingredients in saucepan. Simmer 30 minutes, stirring occasionally. Use as basting sauce for chicken, beef or pork.

Cheryl Spahn

CARROLL'S WAFFLES

1 cup plus 2 T. flour
1/2 t. salt
1 cup milk
1 t. baking powder
1 or 2 eggs, separated
2 T. melted shortening (bacon grease)

In small bowl beat egg whites until stiff.

In medium bowl thoroughly combine remaining ingredients.

Fold in egg whites.

Bake in waffle iron.

Makes very good pancakes, also!

Jane Whitesell

SAM'S VEGGIE QUICHE

1/2 pkg. frozen veggies
1/2 cup milk
1 cup cheddar cheese (shredded)
1 T. corn starch
1/2 cup mayo
2 eggs (beaten)
1 small onion (chopped)

Whip milk and corn starch in a bowl. Add eggs and mayo, set aside.

Spray an 8x8x2 cake pan with Pam. Put veggies on the bottom of the pan, add onion. Pour milk over veggies. Sprinkle cheese over the top. Bake at 400° for 35-45 minutes.

Janet Wheelock

PAULINE'S CHOCOLATE SYRUP

1 cup cocoa powder
2 cup sugar
1 t. vanilla
1 cup hot water
1/2 t. salt

Mix cocoa, sugar and salt. Add 1/2 cup of water to make a thick paste, then add the rest of the water and stir well.

Bring to a boil and boil for 5 minutes on medium high heat.

Add vanilla and stir thoroughly.

This can be used to make a glass of chocolate milk – heat this for hot chocolate, pour over ice cream for a sundae, again heat it for a hot fudge sundae.

Enjoy.

Linda L. Luzadder

LINDA'S WESTERN DRESSING

1/2 cup sugar
1/4 t. salt
1 T. Worcestershire sauce
dash of garlic powder
1/2 cup catsup
1 cup canola oil
1/4 cup vinegar
1/2 t. celery seed

Combine all ingredients in a quart jar and shake well. Refrigerate in a tightly covered jar. Shake before pouring over lettuce.

This can also be added to salad dressing for potato salad dressing.

Linda L. Luzadder

JUDY'S HOMEMADE CHILI

1 large can tomato soup
1 1/2 lbs. lean ground beef
chili powder to taste
1/2 t. garlic powder
2 bay leaves
2 cans (large) red kidney beans
1 large onion
1 large green pepper
salt & pepper to taste
2 cups tomato juice (optional)

Saute ground beef with chopped green pepper and chopped onion til done. In another pot heat tomato soup, salt, pepper, garlic powder, beans and chili powder to boiling.

Drain the meat of all excess fat. Add meat to the soup mixture and add the 2 bay leaves.

If you want to thin the sauce you may add the tomato juice.

Simmer 30 minutes on low heat to meld the flavors.

Remove the bay leaves before serving.

Linda L. Luzadder

SQUASH CASSEROLE

1 small Acorn or yellow squash
2 cloves garlic, crushed
1 lb. bulk sausage, cooked & drained
1/2 cup chopped pecans
1 cup milk
4 T. butter
2 medium onions, chopped
1 cup bread crumbs
4 eggs
2 cup shredded cheddar cheese

Topping:

4 T. butter
1/2 cup chopped pecans
1/2 cup bread crumbs

Cook and cut up squash. Put in greased casserole dish.

Mash squash with butter.

Add garlic and onions.

Add cooked sausage, bread crumbs, eggs, pecans, cheese and milk. Mix together.

Top with topping and bake at 350° 40-50 minutes until hot in center.

Shelley Miller

RANCH TORTELLINI PASTA

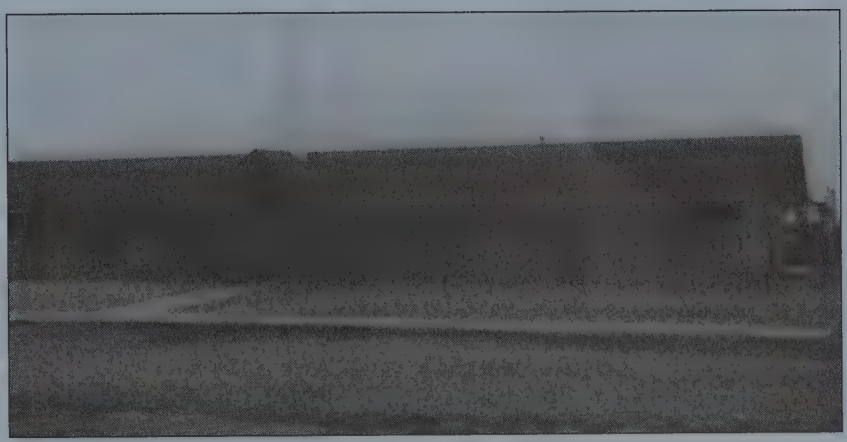
1 cup cooked julienne ham
2 T. minced green onion
1 - 8 oz. pkg. frozen peas
1/2 cup swiss cheese cubes
2 cups ranch salad dressing
1 - 16 oz. pkg. Tortellini pasta (cooked & chilled)

Toss all ingredients together in large bowl.
Chill and serve.

Shelley Miller

Cedar Falls Church of Christ

2727 West 4th Street
Cedar Falls, Iowa



Past

Present

In early 1976, six families decided to start a Church of Christ in Cedar Falls. Some of these families were part of the Waterloo Church of Christ and some had been working with Christ for U.N.I., a campus ministry.

We prayed for a building, and the Lord opened a door when Glad Tidings put their building up for sale. Donations from the charter families and the $5,000 given by the Waterloo Church of Christ, totaled almost exactly what we needed for a downpayment. Thus, in February, 1976, we started worshipping as a congregation in the building at 2727 West 4th Street. For 6 months, we shared the building with Glad Tidings; (we met at 8:00 a.m. and they met at 10:00 a.m. for worship).

The men of the congregation alternated being responsible for the worship service until our first minister, Lewis Toland, was hired in Aug., 1977. He was followed by Gary Cox in June, 1980, and Lonnie Rhodes in Nov., 1986. Our present minister, Boyd Kuester, and his wife Bonnie came in Oct., 1992.

Throughout the years we have had an average attendance of 45 to 50, but we are growing. At the present time an architect is drawing plans for a future addition.

Our ladies have monthly meetings for business, service projects, and fellowship. We also try to have a monthly luncheon. Our church is involved in an area Christian camp near Bristow, IA., with summer camps for all ages, including a family camp. We conduct a Bible Study every other week at Windsor Care Center. Our minister is a volunteer chaplain at Allen Hospital and also works in cooperation with the Cedarloo Church of Christ conducting Bible Studies in the campus ministry, Christ for U.N.I.

We have Bible Study Classes on Sunday at 9:00 a.m., worship services, including a Junior Worship and Nursery, at 10:00 a.m., and youth groups and adult studies at 6:00 p.m. Mid-week Bible Studies are held in homes.

We are a nondenominational congregation who partakes of the Lord's Supper weekly and strives to follow the pattern of the New Testament Church.

REFRIGERATOR ROLLS

1 pkg. dry active yeast
1 cup lukewarm mashed potatoes (I make up serving for 2 instant)
1 tsp. salt
6-6½ cup flour
1½ cup warm water
2/3 cup shortening
2/3 cup sugar
2 eggs

Dissolve yeast in water. Add shortening, sugar, salt, eggs, and mashed potatoes. Mix well. Stir in 5 cups of flour, then knead the remaining flour into the dough for 5-10 minutes. Store in the refrigerator for up to 5 days. About 2 hours before baking, make into dinner rolls or cinnamon rolls, as desired; to rise. Bake at 350°-400°; depending on your oven, pan, and size of rolls. Bake 7 to 12 minutes.

Helen Lund

FAT FREE SPUDS SNACKS

4 large potatoes
Butter buds sprinkles
Fat Free butter-flavored no-stick cooking spray

Add one or more of the following:

Mrs. Dash, regular or extra spicy, garlic salt, seasoning salt, or any other of your favorite seasonings.

Preheat oven to 400° F.

Scrub potatoes well

Without peeling, cut lengthwise into 1/2" wedges.

Spray cookie sheet well with cooking spray.

Arrange wedges in a single layer on the cookie sheet.

Sprinkle generously with butter buds.

Bake at 400° for about 15 minutes.

Flip wedges over and sprinkle with Butter Buds, then continue baking approximately 15 more minutes.

Take wedges out of the oven and immediately sprinkle with the seasoning of your choice, and serve.

Carey Shoff

JEWISH OOEY-GOOEY BARS

1 cup pecan pieces
1 egg
1 lb. powdered sugar
1 8 oz. pkg. cream cheese at room temp.
1 box yellow or butter pecan cake mix
1 stick oleo
2 eggs

Mix pecans, cake mix, egg and oleo. Press into a greased 9x13 cake pan. Blend powdered sugar, eggs, and cream cheese and pour over dough. Bake at 350° for 35 minutes. Refrigerate.

Michelle Couchman

SIMPLE RECIPE FOR CARAMEL FRUIT DIP

8 oz. light cream cheese - softened
1/4 cup white sugar
3/4 cup brown sugar
1 t. vanilla

Combine all ingredients and stir until smooth and creamy. Use as a dip for apples, strawberries, bananas, etc.

Brynn Johnson

ORANGE CHICKEN

2 cups long grain rice
2 t. salt
1 orange
3-4 med size chicken breasts, skinned
4 cups water
2 T. butter or margarine
1/2 cup parsley flakes

Preheat oven to 350°. Mix rice and water in med. casserole dish. Add salt and butter. Place chicken evenly in casserole dish on top of rice. Slice orange into rings - place under and on top of chicken. Sprinkle parsley flakes all over mixure. Place lid on casserole. Bake for 1 hour – check periodically. Serves 4-6.

Michael McCraney

CHOCOLATE CHIP COOKIES (very good)

1 1/2 cups sugar
2 cups of oil
4 1/2 cups flour
1/2 t. salt
1 pkg. of chocolate chips
1 1/2 cups brown sugar
4 eggs
1 t. soda
1 t. vanilla

Mix sugars, oil and eggs, add the other ingredients and mix well. Bake at 350° for 8 to 10 minutes. A very good recipe, makes 5 dozen.

Berniece Fanning

BANANA SALAD

1 can pineapple tidbits (drain juice to save)
1 t. cornstarch
5-6 bananas
1 cup miniature marshmallows
2 drops yellow food coloring (opt.)

Thicken juice of pineapple with cornstarch and 2 drops of yellow food coloring. Cut up the bananas in with the marshmallows and pineapple. Pour the cooled, thickened juice over the top. Stir and serve.

Bev Kimpton

BROWN SUGAR COOKIES

1 cup lard or butter
1 cup brown sugar
2 t. cream of tartar
1 t. salt
1 t. vanilla
1 cup white sugar
2 eggs
1 t. soda
3-4 cups flour

Cream together sugars and lard or butter. Add eggs and beat. Add cream of tartar, soda, flour and vanilla. Roll in balls, roll in sugar. Bake at 350° for 10 minutes.

Lois Rand

CAULIFLOWER CUSTARD

2 eggs, beaten
1/2 t. instant minced onion
3/4 cup milk
1/2 t. salt
buttered bread crumbs
1/2 cup shredded cheddar cheese
8 oz. cooked cauliflower
3 T. butter
dash of pepper

Arrange cooked and drained cauliflower in a 1 quart buttered casserole. Mix the rest of the ingredients except the bread crumbs and pour over the top of the cauliflower. Put bread crumbs on top.

Bake 350° 20-30 minutes until the custard sets.

Lorna Powers

YUMMY PANCAKES

3 eggs
6 T. salad oil
3 T. sugar
1 1/2 t. baking soda
2 t. vanilla
3 cups buttermilk
3 cups flour
3 t. baking powder
1 1/2 t. salt

Beat eggs; then rest in order and mix.

I use:

Substitute for buttermilk = 1 T. vinegar in cup milk

Linda Terrill

SWEET 'N SPICY GLAZED CHICKEN – (a crock pot recipe)

6 4-ounce skinless, boneless chicken breast halves
1/4 t. pepper
1/2 cup brown sugar
2 t. instant chicken bouillon (no salt added) dissolved in:
2 cups hot or boiling water
1/2 t. cayenne pepper
1/2 cup water
1 T. oil
1/4 t. salt
4 cloves garlic, minced
1/2 cup soy sauce
1 can mushrooms (opt.)
3 carrots sliced (opt.)
2 T. lemon juice
1/4 cup cornstarch

In large skillet, heat oil over medium-high heat. Add chicken and brown on both sides. Season chicken with salt and pepper. Put in Crock-Pot. In a small bowl, combine remaining ingredients, except cornstarch and water. Pour over chicken. Cover; cook on Low 7 to 9 hours (High: 3 to 4 hours).

When done, remove chicken breasts and turn Crock-Pot to High; cover. Combine cornstarch and water. Stir into liquid in Crock-Pot. Place cover slightly ajar on Crock-Pot. Cook until thickened (15 to 30 minutes). 6 servings.

Serve over rice.

Alice Dolgener

SALTED NUT ROLL BARS

1 12 oz. bag peanut butter chips
2 heaping cups miniature marshmallows
1 can sweetened condensed milk
1/4 t. salt
16-19 oz. jar dry roasted peanuts (salted)

Melt the first 4 ingredients – stirring constantly. Pour 1/2 nuts in bottom of greased 9x13 pan. Pour melted mixture on the nuts, then put the remaining nuts on top. Press nuts down into the mixture. Refrigerate.

Helen L. Lund

ENCHILADA BAKE

1-1½ lbs. ground beef
1 can refried beans
1 16 oz. jar salsa
1 onion - chopped
1 pkg. lg. flour tortillas
12 oz. colby cheese - grated

Brown beef with onion and drain. Stir in refried beans. Divide meat mixture among 8-10 tortillas. Using 1/2 of cheese, sprinkle atop the meat mixture on each tortilla and roll. Place rolled tortillas (seal down) in greased 9x13 pan. Pour salsa over tortilla rolls, distributing evenly. Sprinkle remaining cheese on top. Cover with foil and refrigerate for several hours or overnight. Bake uncovered at 350° for 1 hour.

Marti Shoff

CHEESY CABBAGE CASSEROLE

med. head of cabbage - cut, cook, drain

White sauce:
1/4 cup margarine or butter
4 T. flour
1½ cup milk

minced onion, garlic salt, pepper – to taste
1/4 cup cheese whiz
sm. can of french fried onion rings

Cut, cook and drain cabbage.

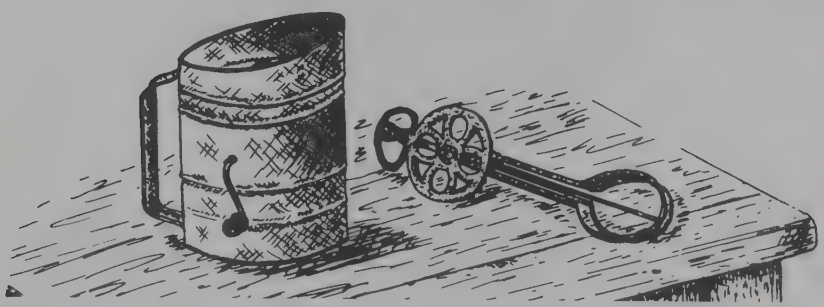
Make white sauce: melt butter, stir in flour, add milk. Stir constantly over low heat til mixture thickens and bubbles.

Add garlic salt, pepper, and minced onion to suit your taste.

Add cheese whiz.

Pour mixture over cabbage – stir until all cabbage is covered. Pour into casserole dish. Bake covered at 350° for 20 minutes. Uncover, pour onion rings and bake 10 minutes.

Brenda Palmer



LOWFAT CORNBREAD

1/4 cup flour
1/2 t. salt
1/4 cup egg substitute or 2 egg whites
1/4 cup sugar
1/2 t. soda
1 cup cornmeal
1 cup buttermilk
1/8 cup sunflower oil

Stir ingredients together until mixed – do not beat. Pour into 8" square pan sprayed with Pam. Bake at 400° for 30 minutes.

Beverly Saug

ORANGE SLICE COOKIES

1 cup brown sugar
1/4 t. salt
6-12 oz. orange slices (cut fine with scissors)
1 cup coconut
2 cups quick oatmeal
1 t. baking powder
1 cup sugar
1 cup butter or oleo
2 eggs
1 t. vanilla
1 3/4 cup flour
1 t. soda

Cream sugars, butter or oleo, eggs and vanilla and then add flour, oatmeal, soda, baking powder and salt. Mix well and add orange slices and coconut.

Bake at 350° for 10-15 minutes.

Pat Ford (mother)
by Barb Gulsvig

BREAKFAST EGGS SUPREME

8 eggs
1 cup grated sharp cheddar cheese
2 cup milk
1 t. salt
6 slices bread (cubed)
1 lb. sausage – cooked, crumbled & drained
1 t. dry mustard

Beat eggs; add other ingredients. Pour in greased 9x13 pan. Refrigerate 12 hours (at least) or overnight. Bake 35 minutes at 350°. Take out of oven a few minutes before cutting and serving. Serves 8-10.

Bonnie M. Kuester

CHEESY BROCCOLI SOUP

2 cans cream of potato soup
1 cup chopped broccoli
1 pkg. whole kernel frozen corn
1/2 t. salt
6 T. margarine
1 cup grated carrots
1/2 cup chopped onion
1 cup water
2 cups evaporated milk
1 cup grated cheese

Cook carrots, onion, salt, corn, and broccoli until carrots are barely tender. Add potato soup. Add milk and margarine. Just before serving, add grated cheese.

Connie Hinton

CREAMED ASPARAGUS TOAST

3 T. butter
1/2 cup flour
1 can asparagus
toast
salt, pepper, onion flakes
1/2 cup milk
6 eggs

Make white sauce and melt 3 T. butter. Add salt, pepper, and onion flakes to taste. Whip flour and milk in juice from asparagus can. Cook until thich with butter mixture. Boil 6 eggs hard boiled. Cut up eggs and mix with asparagus and white sauce. Serve on toast.

Paula Abbas

NANCY HALUPNIK'S MARSHMALLOW BROWNIE

1 19 oz. fudge brownie mix
1 1/2 cup chocolate chips
1 cup creamy peanut butter
1 1/2 cups Rice Krispies
10 1/2 oz. bag miniature marshmallows
1 t. oleo

Bake the brownie mix as the box indicates for "chewy" brownies. Remove from oven. Put the miniature marshmallows on top. Return to oven 3-5 minutes or until golden brown. Cool in pan. In sauce pan, melt 1 1/2 cup choc. chips, the peanut butter, and oleo. When melted, add the Rice Krispies. Pour this sauce over the cooled brownie mix. Spread around. Put in refrigerator to set up. Store covered on counter top.

Alice Dolgener
in memory of Nancy

Cedar Falls Mennonite Church

9th and Clay Streets
Cedar Falls, Iowa

Past

Present

Members of the Mennonite faith have been in the Waterloo/ Cedar Falls area for many years but didn't begin meeting together formally until 1981. After nine months of gathering in homes for devotions and study, the Cedar Falls Mennonite Fellowship moved to Judson House near the UNI campus, where they met for two years. As the group grew, they realized they needed a home of their own.

In the fall of 1984, the rental of a storefront on E. 18th St. provided not only a meetinghouse, but allowed for the fulfillment of a vision for community outreach with the opening of The World's Window, a SELFHELP Crafts of the World program. The space very quickly became too small for both growing groups and the Fellowship purchased a small church building at 6th & Byron St. in Waterloo. This was home for seven hears. The World's Window also continued to prosper and has since relocated to downtown Cedar Falls.

As most of the congregation lived in Cedar Falls, there was a desire to obtain a facility more conveniently located. When the former Trinity United Methodist Church building was put up for sale in 1993, the small congregation envisioned what might happen, took a great leap of faith, and purchased the lovely facility.

Planning that the building be used for more than Sunday worship services, many community groups continue to meet there, including Boy and Girl Scouts, La Leche League, Weight Watchers, and a food buying club. The church provides office space for a healing ministry, "Namaste," and for a Meeting of Friends (Quakers) group. Beginning mid-1995, a Casa Montessori School will be renting some of the facility. Providing space for such community groups is considered part of the church's ministry. Further visions include a community peace library, a mediation service with trained mediator on staff, and monthly community activities such as a coffee house, concerts, family movies, parenting classes, and whatever other work God would ask of his people.

PEASANT CHICKEN

1 cut up chicken
1 onion, chopped
fresh carrots, cut up
tomatos, cut up
1 bay leaf
1 1/2 cup chicken broth or bouillon
2 T. oil
1 clove garlic, minced
green beans, cut up
1/2 t. thyme
salt & pepper

Brown chicken in oil; set aside, saute onion and garlic in pan. Replace chicken. Add vegetables, seasonings and broth. Cover and cook on medium-low heat 45 minutes to 1 hour.

Thicken juice with 1 T. cornstarch dissolved in 1/2 cup water and cook 10 minutes more.

Vonna L. Yoder

MOM'S COMPANY PORK CHOPS

1 10 1/2 oz. can tomato soup
1 green pepper – seeds and membranes removed, sliced into rings
4-6 pork chops (thick Iowa chops)
1 onion, sliced fairly thin
salt and pepper
water if necessary

Brown pork chops in regular skillet over medium heat (or use electric skillet). Season with salt and pepper. Lay green pepper rings and onion slices over pork chops. Pour tomato soup (undiluted) over all. Simmer on low heat until chops are cooked through, adding water if necessary.

Carolyn Brown

FROSTED RAISIN BARS

2 cups raisins
1 t. soda
1 cup sugar
2 cups flour
1/4 t. cloves
1/4 t. nutmeg
2 cups water
1/2 cup oleo
1 t. vanilla
1 egg, beaten
1/2 cup nuts
1 t. cinnamon

Cook raisins and water together for 10 minutes. Remove from stove. Add the soda and oleo. Cool. Then add the rest of the ingredients. Mix and spread in Jelly roll pan. (15 1/2x10 1/2) Bake at 350° for 20 minutes.

While still warm frost with a medium thick mixture of powdered sugar, oleo and hot coffee.

Agnes Berky

HOMEMADE CREAM OF TOMATO SOUP

2 cup tomato juice
3 T. margarine
3 T. flour
1/8 t. cinnamon
3 T. diced onion
2 cups milk

Heat tomato juice and cinnamon in one pan to simmer. In second pan saute onion in margarine. Add flour, mix well. Add milk and stir until milk comes to a boil and sauce is slightly thickened. Remove from heat. Add tomato juice to milk sauce slowly while stirring. Salt and pepper to taste.

Agnes Berky

ARROZ A LA CUBANA

Hot cooked rice for 6-8 people
1 egg per person (fried or hard boiled)

Sauce:
Sauté:
3 T. margarine
1 onion finely chopped

Blend in:
4 T. flour

Add:
4 cups tomato juice
2 t. sugar
1 beef bouillon cube (optional)
1½ t. salt
chopped parsley
dash of pepper

plantains:

Stir sauce until thickened. Simmer 5 minutes. Fry sliced plantains in margarine or oil. As they cook, press down with the back of a spoon. Serve the sauce on the rice. Place the fried egg or sliced hard boiled egg on top of rice. Place plantains on side of mixture.

Arleen Cook

RUSSIAN MENNONITE ZWIEBACK

1 cup shortening or (1/2 c butter or margarine + 1/2 cup shortening)
3 cups milk
2 pkgs. dry yeast
8 cups flour
3 T. sugar
1/4 cup warm water
3 t. salt

Scald 3 cups milk. Remove to a large mixing bowl. Add the shortening (or margarine or butter), salt and sugar. Stir until melted. Add a little (1/2 t.) sugar to the warm water in a small bowl. Add yeast and mix. Let stand until yeast is foamy. Add 3 cups flour to the milk-shortening mixture and stir until mixed. When cooled to luke-warm, add the yeast solution and beat with a mixer until smooth. Gradually add the rest of the flour and stir until a soft dough derives. Knead on a board or counter while adding the last of the flour. Dough will still be somewhat sticky and still soft. Return to bowl and allow to rise until double. Knead down. Pinch off small balls of dough by squeezing between the round grip of thumb and index finger. Place on greased pan or cookie sheet. Squeeze off as many again but make slightly smaller. Allow both ro rise until light. Place the small ones on top of the larger ones in the pan and press down. Bake at 375° until golden, about 15-20 minutes.

Darrell Wiens

PLAUTZ (COFFEE CAKE)

Zwieback dough or other dough, tart fruit, or raisins or rhubarb

crumb mixture:

1/2 cup sugar
3/4 cup flour
1/4 cup butter

Press dough in a cake pan in a fairly thin layer. Place cut fruit on top of dough. Sprinkle with crumb mixture. Bake 45 minutes. 350° oven.

Darrell Wiens

GRANDMA SCOTT'S FRUITCAKE

Simmer 5 min., then cool:

1 1/2 cup raisins
2 cups sugar
1 1/2 cup dates
2 cups boiling water

Then add:

3 cups flour
1 t. soda
2 t. cinnamon
1 t. cloves
3 t. baking powder
1/2 t. salt
1 cup chopped nuts
1 cup candied fruit and/or maraschino cherries

Mix well. Grease and flour pans – bread pans. Bake at 325° for 1 1/2 hours. Can be frozen or keep in a cool place.

Ruben Scott

RICH REFRIGERATOR SWEET DOUGH

5-6 cups white or unbleached flour
2 pkg. active dry yeast
1/2 cup sugar
1/2 cup softened butter
1 1/2 cup hot water
2 eggs at room temperature
1 1/2 t. salt

Combine 2 cups flour, undissolved yeast, sugar and salt in large bowl, stirring well to blend. Add softened butter. Add hot water to ingredients in bowl all at once. Beat with electric mixer (medium speed) 2 minutes, scraping bowl occasionally. Add eggs and 1 cup more flour. Beat with electric mixer 1 minute, scraping bowl occasionally. Gradually stir in just enough of remaining flour with wooden spoon to make a soft dough that leaves the sides of bowl. Turn onto floured board. Knead 5-10 minutes, or until dough is smooth and elastic. Cover with plastic wrap, then a towel. Let rest 20 minutes on board, then punch down. Shape, place in greased pans or on greased sheets; brush with vegetable oil. Let rise in refrigerator 2 to 24 hours. Let stand 10-30 minutes and preheat oven. Bake at 375° for 20 to 25 minutes.

Cinnamon Rolls: Divide dough in half. Roll each half into a rectangle. Brush with melted butter and sprinkle thickly with cinnamon and sugar mixture (brown sugar is delicious for this). Roll tightly. Cut slices and place in greased 9" cake pans. When baked, frost with powdered sugar icing.

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Hot Cross Buns: Add 1/2 t. cinnamon to dough mixture. Knead in 1 cup raisins and 1/4 cup finely chopped candied citron into dough. Shape into 30 oval buns. When baked, top with a white or pastel powdered sugar icing cross.

Apricot Coffee Braid: Divide sweet roll dough in half. Roll one portion into 9x14 rectangle and cut lengthwise into 3 equal strips. Spread 2 T. apricot preserves down center of each strip. Pinch lengthwise edges of strip together to form a rope. Braid 3 ropes together on greased baking sheet, starting at center and braiding to each end. Tuck ends under braid. Repeat with second half of dough. Refrigerate as in main recipe; bake at 375° fro 25-30 minutes. When cool frost with powdered sugar icing or dust with powdered sugar. Adding 1/2 t. ground ginger and/or 1/2 cup drained crushed pineapple to apricot preserves makes a tastier filling.

Carolyn Brown

CORN FRITTERS

2 cups fresh corn, grated
1/4 cup flour
1/8 t. pepper
2 T. cream
2 eggs
1 t. salt
1 t. baking powder
4 T. shortening

Add beaten eggs, flour, baking powder, salt and pepper to the grated corn. Mix thoroughly.

Add the cream.

Melt the shortening in a frying pan and drop corn mixture by spoonfuls into the hot shortening.

Brown on both sides.

Makes 16-18 fritters.

Emily Swartley

SHOO FLY PIE

Bottom Part:
1 cup dark mild molasses
3/4 cup boiling water
1 egg, beaten
1/2 t. soda

Top Part:
1¼ cup flour
1/2 cup brown sugar
2 T. shortening
Pastry for 1 (9 inch) crust

Dissolve soda in hot water; add molasses and beaten egg. Combine sugar and flour and rub in shortening to make crumbs. Pour 1/3 of the liquid into an unbaked crust. Add 1/3 of the crumb mixture. Continue alternating layers, putting crumbs on top. Bake at 375° for approximately 35 minutes.) Makes 1 (9 inch) pie.

Emily Swartley

RUNZAS

Dough:

4 1/2-5 cups flour
1 t. salt
3/4 cup milk
1/2 cup shortening
1/2 cup sugar
2 pkg. dry yeast
1/2 cup water
2 eggs

Filling:

2 lb. ground beef
3/4 lb. cheese
2 T. butter
1/8 t. pepper
1 onion (chopped)
4 cups chopped cabbage
1/2 t. salt

Dough: Measure 13/4 cup flour into large bowl. Stir in sugar, salt and yeast. Heat milk, water and shortening until warm (120°-130°.) Pour into flour mixture. Add eggs and beat at low speed for 1/2 minute. Continue beating at high speed for 3 minutes. Stir in remaining flour. Dough will be soft or rather sticky. Knead about 3 minutes until smooth. Let rise: then shape as desired.

Filling: Brown ground beef and onion. Wilt cabbage in butter. Add cheese until it melts; then add cabbage mixture to ground beef. Add salt and pepper. Place some of meat mixture in center of each dough square. Bring corners of dough to center; pinch edges and place on greassed baking sheet. Let rise and bake at 350° for 20 minutes.

Ellen Miller

PICKLED BEETS

2 cups sugar
1 1/2 t. salt
1 1/2 cups water
2 sticks cinnamon
1 T. whole cloves
3 1/2 cups vinegar
3 quarts peeled, cooked small beets

To cook beets – Wash and drain beets. Leave 2 inches of stems and roots. Cover with boiling water and cook until tender. Combine all ingredients, except beets; simmer 15 minutes. Pack beets into hot canning jars, leaving 1/2 inch head space. (Cut larger beets in half if necessary.) Remove cinnamon. Bring liquid to boiling. Pour, boiling hot, over beets, leaving 1/2 inch head space. Adjust caps. Process pints and quarts 30 minutes in boiling water bath. Yield: 6 pints.

Byron Miller

HAMBURGER NOODLE CASSEROLE

2 cups noodles
1/2 lb. hamburger
1/2 cup milk
1 can cream of mushroom soup (condensed)
1 stick (1/4 lb.) margarine
salt, pepper, garlic, basil (to season as desired)
1/4 cup chopped onion

Cook noodles until tender, drain. Cook hamburger and drain off grease. Combine all ingredients in saucepan and cook over low heat 10-15 minutes.

Amber Rediger

BROCCOLI RICE CASSEROLE (for microwave)

1 bag (16-20 oz.) chopped frozen broccoli
2 cans cream condensed soups – choice of mushroom, chicken or celery
2 cups instant rice (uncooked)
1/2 lb. cheese (sliced or grated) – choice of mozzarella, cheddar, or velveeta
2 cups milk
1 stick margarine (1/4 lb)
3/4 cup chopped onion

Microwave broccoli in opened bag, 6-8 minutes on High. In 3 quart casserole dish, microwave onions with margarine on High 1-2 minutes (until onions are tender). Combine all ingredients together in 3 qt. casserole dish. Microwave 12-18 minutes on High until rice is tender.

Jerilee Rediger

ROLLEPOLSE – MEAT ROLL FOR SANDWICHES

1 beef, flank
1 T. salt
1 onion cut fine
1 t. pepper
2 thin slices of lean pork
1/2 t. saltpeter
1/2 t. all spice

Flatten out flank and sprinkle with seasonings. Lay on pork slices. Roll very tightly and sew sides and ends. Tie around with cord and place in cold brine.

Brine: 2 1/2 quarts boiling water, 2 cups salt, 1/2 t. salt peter, 1/4 cup sugar.

After ten days remove from brine. Put in clear water and boil for 2 hours. Press between 2 flat surfaces until cold. Slice really thin. Serve on rye bread.

Clara R. Schwantes

ALMOND PASTE STRIPS

1 pkg. dry yeast
1/4 cup warm water
1/2 cup butter (softened)
1/2 t. salt
2 1/2 cups flour
3 T. sugar
1/2 cup scalded milk (cooled)
2 egg yolks (beaten)
1 t. vanilla

Almond filling:
3/4 cup of sugar
3 T. quick oats
2 T. butter
2 T. almond flavoring

Put yeast in the warm water with a teaspoon of sugar. Add to the warmed milk. Add butter, egg yolks, sugar, salt, vanilla and flour. Beat well. Place in refrigerator overnight. Next day roll out in 2 strips, length of a cookie sheet, put filling down center, fold edges in and flatten with a spatula. Put in oven at 375°. Bake 20 to 30 minutes. Ice when cool.

Clara R. Schwantes

ICE BOX PIE

1/2 lb. Sunshine crackers
2 cups powdered sugar
1 cup whipping cream (whipped & sweetened)
1/2 cup butter
2 eggs
1 #2 can crushed pineapple
1 box pineapple jello

Line 9x9 pan with crackers. Cream butter and sugar, beat eggs til stiff. Mix butter, sugar and eggs. Beat 5 minutes. Pour over crushed crumbs. Drain pineapple. Make jello according to directions on box using pineapple juice as part of the liquid. Put pineapple in stiffly beaten cream. Put on top of gelatin. Chill and serve.

Clara R. Schwantes

RHUBARB COFFEECAKE

1 egg
1/2 cup butter
1 t. vanilla
1 t. soda
2 cups raw rhubarb, chopped
1 1/2 cup sugar
1/2 t. salt
1 cup sour cream
2 cup flour

Topping:
1 T. brown sugar
1/2 cup white sugar
1/2 t. cinnamon

Beat egg, sugar and butter together. Add salt and vanilla. Mix sour cream with soda. Add flour. Fold in rhubarb. Pour into 8x8 buttered pan. Mix together topping ingredients and spread over top. Bake at 350° for 50 minutes.

Yvonne Everton

BROCCOLI SALAD

2 bunches broccoli, bite-sized or diced fine
2/3 cup raisins
10 pcs. of bacon, fried and crumbled
1/2 onion, sliced or cut fine
3 T. salted peanuts, optional

Mix:

1/3 cup mayonnaise or salad dressing
1/3 to 1/2 cup sugar
2 T. vinegar

Toss and marinate in refrigerator for 2 hours.

Ellen Miller

LEMON BARS

Crust:

1 cup margarine
2 1/4 c. flour
1/2 cup powdered sugar

4 eggs, beaten
4 T. flour
1/2 t. baking powder
6 T. Lemon Juice
2 cup sugar
dash of salt

Mix together margarine, powdered sugar and flour. Press into 9x13 pan. Bake for 20 minutes at 350°. Meanwhile mix the remaining ingredients. Pour on hot crust. Bake 25 minutes longer. When done sprinkle with powdered sugar.

Marie Schmidt

Cedar Heights Baptist Church

2430 Neola Street
Cedar Falls, Iowa

Past - 1961

Present – May, 1995

In 1957 a group of individuals from Waterloo and Cedar Falls organized a Bible study fellowship with the goal of eventually establishing an independent Baptist church in the Cedar Falls area. In March of 1958 this goal became a reality. The first services of the Cedar Heights Baptist Fellowship were conducted in the Cedar Heights Elementary School. Rev. Merwin Burman, a missionary pastor, was the first pastor.

By August 2, 1958 the Fellowship incorporated as Cedar Heights Baptist Church and had purchased 2 1/2 acres of property on Neola Street just south of Rainbow Drive. Construction of the church building began one year later with most of the construction being done by the church members. By March, 1960 the lower level was completed and used for services. The upper level was finished by November, 1960. In 1964 the men of the church constructed the parsonage, which is on the church property.

As the church membership grew an addition, which included a 400 seat sanctuary, fellowship hall, kitchen, classrooms and offices was completed in January of 1976. The church now has 375 members, including 4 charter members. They are Cecil Jacobsen, Cecil's daughter, Toni Danielsen, and Floss and Freeman Moser. In 1977 a second person was added to the pastoral staff, and in 1983 a third pastor in charge of campus ministries was added. Doran Johnson is the choir director.

In addition to the Sunday services there is an active Awana Program for children, youth and campus ministries, a weekly women's Bible study and a monthly meeting of Cedar Saints for senior adults.

The following senior pastors have served Cedar Heights Baptist Church:

Merwin Burman	1958-1960
Paul Heiniger	1960-1962
Kenneth Farnsworth	1964-1971
Gary Moosey	1972-1980
David P. Graham	1981-1986
Jeffrey E. Bowen	1988-1994
Dr. Donald L. Fowler	1995-

APPLE CAKE

Beat together:
2 eggs
2 cups of sugar

Add to above:
2 cups flour
2 t. soda
2 t. cinnamon
1/2 cup vegetable oil
pinch of salt

Then add:
4 cups diced apples
1 cup nut meats
1 t. vanilla

Bake at 350° for 45 minutes.

Icing:
6 oz. cream cheese
3 T. butter
1 1/2 cups powdered sugar
1 t. vanilla

Heidi Aldrich

COUNTRY BBQ RIBS

3-4 lbs. country style ribs

Sauce:
2 T. brown sugar
2 T. worcestershire sauce
1 t. dry mustard
1 t. salt
1/4 t. chili powder
1 T. paprika
pepper
1/4 cup vinegar
1/4 cup catsup
1/2 cup water
1 cup tomato sauce

Mix sauce ingredients in a sauce pan. Simmer 10-15 minutes. Place ribs in a pressure pan. Add enough water to generously cover bottom of pan. Cook ribs in pressure pan until tender. (Approx. 25-30 minutes) When cool and pressure in pan is gone, open and drain off liquid. Pour sauce over ribs and simmer.

Note: I like to prepare this the day before and let ribs marinate in sauce overnight in the refrigerator. Reheat in oven or on top of stove.

The men in my family love these ribs.

Shari Andersen

CHICKEN SALAD (Wedding Salad)

1 pkg. macaroni rings
1 T. minced onion
1 t. salt
1 cup green grapes cut in half
1 cup mandarin oranges (11 oz. can)
1 8 oz. container frozen whipped topping
2 cups diced chicken (may substitute turkey, crab, etc.)
1 cup salad dressing
1 cup diced celery
1/3 cup slivered almonds

Cook macaroni rings according to package directions. Drain and cool. Add the chicken, onion, salt and salad dressing. Mix and refrigerate overnight or a few hours.

In the morning add the grapes, celery, mandarin oranges & slivered almonds.

Fold in the whipped topping. Chill and serve.

Arlene Anderson

CHICKEN BREASTS ELEGANTE

3 chicken breasts, boned and split
6 strips of bacon
1 pint sour cream
1 can cream of celery soup
1/4 lb. chipped beef

Wrap chicken breast with one bacon strip; secure with toothpick. Put ready-to-eat chipped beef under the chicken in a baking dish just large enough to place the chicken breasts side by side. Mix the 2 remaining ingredients and pour over Chicken. Bake at 275° for 3 hours or until chicken is tender. The wood-smoked meats add the perfect flavor to the chicken. Do not bake at a higher temperature. Makes 6 servings.

Brenda Coffin

BLUEBERRY CREAM MUFFINS

4 eggs
1 cup vegetable oil
4 cups all-purpose flour
1 t. baking soda
2 cups (16 oz.) sour cream
2 cups sugar
1 t. vanilla extract
1 t. salt
2 t. baking powder
2 cups fresh or frozen blueberries

In a mixing bowl, beat eggs. Gradually add sugar. While beating, slowly pour in oil and vanilla. Combine dry ingredients; add alternately with the sour cream to the egg mixture. Gently fold in blueberries. Spoon into greased muffin tins. Bake at 400° for 20 minutes. Yield: 24 muffins

Evelyn Conrads

RASPBERRY RIBBON TORTE

Pastry:
2 cups all purpose flour **1 cup margarine/or butter softened**
1/4 t. salt **4-6 T. water**
sugar to sprinkle

Vanilla filling:
1 pkg. (3 3/4 oz.) instant pudding **1 1/2 cup milk (whole preferred)**

Raspberry filling:
2 T. cornstarch **1/4 cup water**
1 pkg. (10 oz.) frozen raspberries thawed and undrained

Topping:
1 cup whipping cream **1/3 cup sugar**
1/4 t. almond extract

Pastry:

In a large mixing bowl combine four and salt. Cut in butter until particles are the size of small peas. Add water, a little at a time, tossing and stirring lightly with a fork. Form into a ball, divide into 6 equal portions. Roll out each on floured surface (recommend pastry cloth) to a 9 inch circle; cut around an inverted pie pan to even edges. Transfer each to a cool baking sheet. Prick generously with fork. Sprinkle with sugar. Bake 450° for 5-7 minutes until golden. Remove from cookie sheet and cool thoroughly. Within 2 hours of serving time stack layers, spreading vanilla and raspberry filling alternately between layers ending with raspberry layer on top. Spread topping on top of torte. Serve within 2 hours.

Vanilla Filling:

In a small mixing bowl combine pudding mix and milk. Prepare as directed on package. Chill thoroughly.

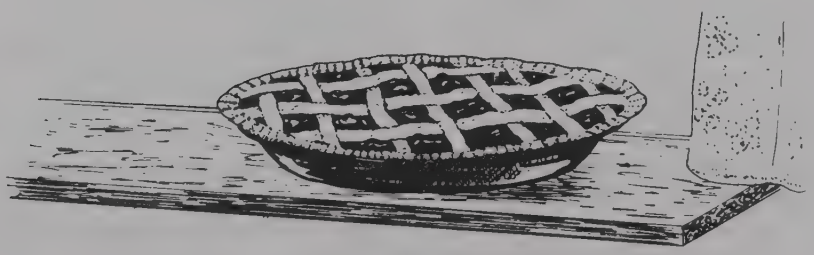
Raspberry Filling:

In small saucepan, combine cornstarch and water; add raspberries with syrup. Cook over medium heat, stirring constantly, until thick. Cool.

Topping:

In small mixing bowl combine topping ingredients. Beat until thickened.

Danette D. Christensen



SPICY POTATO SOUP

1 lb. ground beef
1 small onion chopped
3 cans (8 oz. each) tomato sauce
2 t. salt
1/2 to 1 t. hot pepper sauce
4 cups cubed peeled potatoes (1/2" cubes)
4 cups water
1 1/2 t. pepper

In a dutch oven or large kettle, brown ground beef. Drain. Add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot pepper sauce; bring to a boil. Reduce heat and simmer for 1 hour or until the potatoes are tender and the soup has thickened. Yield 6-8 servings (2 quarts)

Carlene Danielsen

TURKEY FILET CASSEROLE

8 medium turkey filets
1 can cream of mushroom soup
4 cups Pepperidge Farm Dressing Mix
1 8 oz. pkg. swiss cheese slices
1 small can sliced water chestnuts (drained)
1/2 cup oleo – melted

Place filets in 9x13 pan. Cover with swiss cheese, cream of mushroom soup, water chestnuts. Melt oleo and coat dressing mix. Put on top and bake at 250° for 2 hours.

Toni Danielsen

CALIFORNIA MIXED VEGETABLES

1 bag frozen vegetable mix
1 small onion, chopped or 1 T. onion flakes
1 can cream of chicken soup
1/2 cup milk
1/2 uncooked minute rice
1/4 cup butter
1 8 oz. jar cheese whiz
1/4 cup water

Put vegetables in baking dish. Scatter rice over vegetables. Heat all other ingredients and pour over vegetables. Bake at 350° for 30 to 40 minutes.

Maybeth Dickinson

BROCCOLI SALAD

1 bunch broccoli (only flowerettes)
1 lb. bacon (cut in small pieces)
1/2-1 red onion
1 cup sunflower seeds
2 cups mayonnaise
1/4 cup sugar
1 bunch cauliflower
3 slices carrots
1 cup raisins
1 cup shredded cheddar cheese (opt.)
1/3 cup parmesan cheese

Mix everything together in a large bowl, except the mayo, parmesan cheese and sugar. Mix the mayo, parmesan cheese and sugar in a separate bowl and then pour on to the rest of the salad. This should probably be made earlier in the day so the flavor can go through it.

Tammi K. Freese

ROADSIDE POTATOES

3 cups half 'n half (or milk)
1 t. salt
1/2 cup parmesan cheese (approx.)
1/2 cup (1 stick) butter
2 12 oz. pkg. frozen hash brown potatoes

Place thawed potatoes in 9x13 pan. Melt butter, add cream, salt, pour over potatoes. Sprinkle generously with cheese. Bake 1 hour at 325°. Serves 8

Very quick, easy & yummy!

Susan K. Heino

FRESH APPLE CAKE

4 cups diced apples (peeled) Golden Delicious
2 cups all-purpose flour
2 whole eggs
1 t. cinnamon
1 cup (each) golden raisins and nuts
2 cups sugar
1/2 cup vegetable oil
2 t. baking soda
2 t. vanilla
1 t. salt

Mix sugar, oil, eggs and vanilla together. Sift dry ingredients together and add to the creamed mixture. Add the diced apples, nuts and raisins and mix well. Pour batter into a greased and floured 9x13 pan. Mix together 1/3 cup sugar and a little cinnamon and sprinkle evenly over the batter. Bake at 350° for 50-60 minutes or til it tests done.

Naomi M. Hostetler

7 GRAIN CEREAL BREAD

1 cup 7 grain cereal
2 T. dry yeast
1/2 cup honey
2 t. salt
sesame seeds
2 cups boiling water
1/3 cup tepid water
2 T. vegetable oil
6 cup unbleached flour
2 egg yolks

Add 2 cups boiling water to 1 cup 7 grain cereal and let sit 30 minutes.

Add 1/3 cup tepid water to 2 T. dry yeast and stir to dissolve yeast. Add 1/2 cup honey and stir. Let sit 15 minutes.

Stir 2 T. vegetable oil and 2 t. salt into cereal/water mixture.

Add yeast mixture and stir.

2 cups at a time, add 6 cups flour. Knead 5 minutes on floured surface. Place in large bowl sprayed with Pam. Let rise in unheated oven with bowl of hot water underneath for approx. 2 hrs.

Punch down dough and divide in half. Roll out each ball and fold in threes widthwise and lengthwise. Place in 2 greased standard loaf pans, place in unheated oven with hot water underneath for approx. 30-45 minutes.

Brush loaf tops with egg yolk mixture and sprinkle with sesame seeds. Bake 40 minutes at 325°.

Mary Jo Kaiser

PIZZA HOT DISH

2 pkg. crescent rolls
1 pkg. sloppy joe mix - dry
1 t. oregano
8 oz shredded mozarella cheese
onion or onion powder
1 1/2 lbs. hamburger
15 oz. can tomato sauce
8 oz. shredded cheddar cheese
4 oz. can mushrooms

Brown and drain hamburger. Mix sloppy joe mix, tomato sauce, and oregano. Add hamburger. Line bottom of 9x13 pan and 1 tube rolls. Press together at seams. Top with hamburger mixture. Cover with cheese, mushrooms, and onions. Top with 2nd can of rolls. Bake 350° for 30 minutes.

Connie A. Keel

SAVORY MEATBALLS

2 lbs. ground beef
1 envelope (pkg) Lipton onion soup mix
1 cup bread crumbs
3 eggs, beaten

Mix all together and form into 70 balls and place in large roaster pan.

Sauce:
1 12 oz. bottle Chili sauce
1 cup brown (light) sugar
1 14 oz. sauerkraut, drained
1 bottle water
1 16 oz. can whole cranberry sauce

Mix sauce ingredients together and simmer until well mixed and pour over meatballs.

Bake 1 1/2 to 2 hours uncovered at 325°. Cut into squares and serve.

Kate LaPole

RAISIN JUMBO COOKIES

2 cups raisins
1 t. soda
2 cups sugar
1 1/2 t. cinnamon
1/4 t. allspice
4 cups flour
1 cup water
1 cup shortening
3 eggs
1/4 t. nutmeg
1 t. vanilla
1 t. baking powder

Cook raisins and water for 5 minutes. Drain, measure 1/2 cup juice from raisins. Cool. Add soda to raisin juice, let stand. Mix shortening, sugar, spices. Add eggs. Fold in flour and baking powder, add juice off raisins. Add raisins. Bake at 400° for 12 minutes

Pamela McKernan

SAUCY SUCCOTASH

1 16 oz. can whole kernel corn (drained)
2 oz. sharp process American cheese, shredded (1/2 cup)
1/2 cup mayonnaise or salad dressing (can use lite)
1 cup soft bread crumbs
1 10 oz. pkg. frozen cut green beans, cooked & drained
1/4 cup chopped celery
1/4 cup chopped onion
1/2 t. worcestershire sauce
2 T. butter

Combine corn, beans, celery & onion. Combine mayonnaise & worcestershire sauce; fold into corn mixture. Turn into 1 qt. casserole. Melt butter; toss with crumbs. Sprinkle buttered crumbs on top of casserole. Bake at 350° for 30 minutes. (6 servings) This is very simple and quick, and looks very nice in a pyrex dish that nests in a silver plate stand for company. (Double recipe for more than six.)

Floss Moser

WHOOPIE PIES

1 cup milk w/ 1 t. vinegar added
1 cup shortening
2 t. vanilla
2 cups sugar
2 t. soda
1 cup hot water
2 eggs
4 cups flour
1 cup cocoa
2 t. salt

Filling:
2 egg whites
4 T. milk
4 T. flour
1/2 cup butter
1 T. vanilla
3 1/2 cups confectioners sugar
1 cup shortening

Mix shortening and sugar. Add vanilla and eggs. Mix dry ingredients together in a seperate bowl. Next add some dry ingredients to shortening, sugar, etc. Alternate with milk and hot water until all ingredients are mixed together. Drop on trays and bake at 375° for 8-10 minutes.

Filling:

Beat egg whites until fluffy. Gradually beat in vanilla, sugar, milk and flour. Add shortening and butter until fluffy. Put in between two of the chocolate cookies and enjoy.

Kathy Matthias

RUSSIAN TEA CAKES (Crunchy, sugared, nut-filled snowballs)

Mix together thoroughly:
1 cup soft butter **1/2 cup sifted confectioners' sugar**
1 t. vanilla

Sift together and Stir in:
2 1/4 cups sifted flour **1/4 t. salt**

Mix in:
3/4 cup finely chopped nuts

Chill dough. Roll into 1" balls. Place on ungreased baking sheet (cookies do not spread). Bake until set, but not brown. While still warm, roll in confectioners' sugar. Cool. Roll in sugar again.

Bake at 400° for 10-12 minutes. Makes about 4 dozen 1 1/2" cookies.

Marge Taylor

NOTTOWAY PLANTATION CORN BREAD
(a sweet, very moist cornbread)

1 1/4 cup flour **1 cup cornmeal**
1/3 cup sugar **4 t. baking powder**
1/2 t. salt **1/2 cup peanut oil**
1/2 cup evaporated milk **1 egg, slightly beaten**
2 cups water

In large mixing bowl combine all ingredients. Mix using wire whisk, (until all lumps are gone). Pour into well greased 9x9x2 inch baking pan. Pan should be 3/4 full, batter will be very thin and flour may not be completely dissolved but this is o.k. Bake at 350° 35-45 minutes or until toothpick in center is clean.

Nell Wilson

Cedar Heights Community Presbyterian Church

2015 Rainbow Drive
Cedar Falls, Iowa

Past

Present

In October, 1916, the same year Cedar Heights was incorporated 25 residents petitioned Presbytery to start a Mission Church here. While the majority signing the petition were Presbyterian, the stress was on the "Community" so as to include all living here. Member homes were used for services with guest pastors filling the pulpit. It was just a year later a frame bungalow, called the "Church-Manse," which was to serve as our church home, was completed and our newly installed pastor Reverend Newton Methfessel (Oct. 1917-Mar. 1921) helped with the dedication. Our next pastor was Rev. John Carl Orth (April 1921-April 1924). While he was our pastor, the new school was completed and in 1922, the old school was purchased for $3,000 as our new church home. Under our third pastor, Dr. James A. Laurie (June 1924-Dec. 1936) membership increased to 144. In 1937, Cedar Heights, like the rest of the country, was feeling the effects of the depression. Rev. Lehr Newhouse (Oct. 1937-Jan. 1942) was pastor of a small church in Waterloo and agreed to serve as our pastor as well, with each paying half his salary. During Rev. Joseph Dana's pastorate (July 1942-Oct. 1945) the church was extensively renovated. When he left to serve as a chaplain in the Navy, Dr. George Fisher (Jan. 1946-June 1953), fresh from the Army where he had served as chaplain, became our sixth pastor. We went to Humboldt, Kansas for Rev. Richard Dieken (Jan. 1954-July 1964) under whose leadership the sanctuary was completed. After he retired, the Diekens returned to make this their home and Dick was made Pastor Emeritus. Rev. Robert Roof (Feb. 1965-Sept. 1990) served this church faithfully for a full third of its life. Under his leadership, the new christian education wing was built. Dr. Dean Finley of Lincoln, Nebraska served as Interim till Feb. 1992. At this time, Rev. Gregory G. Bock became our Pastor, and remains our current Pastor.

SWEET PICKLES

3 quarts water
1 quart vinegar
1 cup salt

Boil above and pour boiling hot over clean, freshly picked cucumbers, any size, and seal. Must stand at least 30 days before ready to "pickle." Add 2 or 3 pieces of dill to this to make dill pickles and color slightly with green food coloring. These will keep for 1 or 2 years in the brine.

When ready to make sweet pickles, open a jar and drain off brine. Cover with boiling water and let pickles stand until cold. Drain and by sure and split each pickle so they will not wilt when sweet syrup is added.

Syrup:
Boil:

2 cups sugar
1 cup water
1 cup vinegar
pickling spice to taste

Pour this boiling hot over pickles and they will be ready to use in 24 hours. Need not be sealed. Keep in refrigerator.

In memory of Hazel Berggren Layton
Past President of CWU

ICE CREAM

6 eggs
2 T. vanilla
1/8 t. almond flavoring
1/2 pt. whipping cream
2½ cups sugar
1/8 t. lemon flavoring
1 qt. half & half
1 qt. whole milk

Beat eggs and sugar together for 5 minutes. Add remaining ingredients; stir thoroughly. Pour into a 5 quart freezer. Follow mfg. directions for alternating ice and salt. After motor slows and stops, unplug motor. Pull the paddle, put in cork, pour off brine, repack in alternating layers of salt and ice and let ice cream "cure" for 3 hours. Serve or pack into a container and put in freezer section.

Used for many years at Cedar Heights Community Presbyterian Ice Cream Socials.

Mary A. Clark

LEMON BANANA SALAD

2 cups boiling water
2 cups carbonated lemon-lime beverage
1 cup miniature marshmallows
2 pkgs. lemon gelatin
1 #2 can drained pineapple tidbits (save juice)
3 large bananas, sliced

Mix together and place in a 9x13 pan until firmly set.

Topping:

1/2 cup sugar
1 egg beaten
1 med. container cool whip
2 T. flour
1 cup pineapple juice (add enough water to make 1 cup)

Mix first 4 ingredients well and cook until thick. Cool. Mix in cool whip and spread on top of set gelatin. Sprinkle top with parmesan cheese.

Jackie Laurie

CRANBERRY WHIPPED CREAM SALAD

1 16 oz. cranberry sauce
1 3 oz. pkg raspberry jello
1 11 oz. mandarin orange sections (drained)
1 t. grated orange peels
1 small can crushed pineapple
1 cup cool whip

Drain pineapple, (save juice) add enough boiling water to make 1 cup. Dissolve jello in hot liquid. Stir in cranberry sauce and orange peel. Chill until partially set. Fold in mandarin oranges and pineapple. Fold cool whip into fruit mixture. Pour into 9x9 inch pan. Cool until set.

Ruth B. Hoeppner

BLUEBERRY SALAD

1 pkg. grape gelatin
1 cup cold water or juice from pineapple
1 can blueberry pie mix
1 cup hot water
1 med. can crushed pineapple (drained)
1/2 cup chopped nuts

Dissolve gelatin in hot water, add remaining ingredients. Fold into pan and top with whipped topping.

Grace Berends

SUNSHINE SALAD

1 13¼ oz. can crushed pineapple
1 pint vanilla ice cream (softened)
1 pkg lemon jello
3/4 cup grated sharp cheddar cheese

Drain pineapple and add enough water to the pineapple juice to make 1 cup. Boil the liquid and dissolve jello into liquid. Add 1 pint softened ice cream. Add 1/2 cup shredded cheddar cheese to ice cream/jello mixture. Pour mixture into 9x9x2 dish. Sprinkle remaining cheese over salad. Refrigerate. (Double recipe for 9x13 pan.)

(Serve with crackers for a light luncheon. Makes 9-10 servings)

Barbara J. Dowd

CHICKEN SUPREME

6-8 boneless chicken breasts
1 can cream of mushroom soup
1 small carton sour cream
1 can cream of chicken soup
1/2 jar mayo

Combine all ingredients and pour over chicken. (Dried beef can be used to top.) Bake at 300° 2 to 2½ hours. Serves 6-8.

Mary Trowbridge

MEAT LOAF

1½ lbs. ground beef
1 cup milk
1/4 cup onion
1/4 t. pepper
2 eggs
1 cup crushed frosted corn flakes
1/2 t. salt
1/2 t. sage

Form loaf and bake at 325-350° for 1/2 hour.

Top with mixture of:

6 T. brown sugar
1/2 t. nutmeg
2 t. mustard
1/2 cup catsup

Bake 1/2 hour longer.

Marlys Pfaltzgraff

MOCK CHOW MEIN

1 lb. ground beef
1 chopped onion
1 can cream of mushroom soup
1 T. soy sauce
1 cup chopped celery
1 cup cooked rice
1 can cream of chicken soup
chow mein noodles

Brown together ground beef, celery and onion. Add remaining ingredients to meat mixture. Sprinkle chow mein noodles on top. Bake 1 hour at 350°.

Marlys Pfaltzgraff

YANKEE DOODLE CASSEROLE

1/2 onion, chopped
1 T. flour
2 cups milk
4 hot dogs (cut into 1/2" pieces)
3 T. margarine
1/2 t. mustard powder
1 1/2 cups American cheese (shredded)
4 cups macaroni, cooked

Cook onion in margarine in a large microwave-safe casserole dish on high for 3 minutes. Stir after cooking. Add flour and mustard powder, stir until smooth. Add milk, microwave on high 10 minutes stirring half way thru and after cooking. Add cheese. Microwave on high 3 minutes or until melted. (Stir every minute.) Add macaroni and hot dogs. Mix well. Microwave on high 4 minutes or until heated. Serves 6.

Helyn Wienands

CHICKEN DIVINE

3 to 4 chicken breasts
1 can cream of chicken soup
1/2 cup mayonnaise
1/2 t. lemon juice
Pepperidge Herb seasoned dressing
2 pkgs. chopped broccoli or San Francisco vegetables (cook/drain)
1 t. curry powder
shredded cheddar cheese

Cook breasts in salt water until tender. Remove from bone and cut up. Place 1/2 chicken and 1/2 vegetables in baking dish. Mix soup, mayonnaise, curry powder and lemon juice together and spoon 1/2 over chicken and broccoli. Place remainder of chicken and broccoli in dish and cover with remaining soup mix. Cover with shredded cheddar cheese and sprinkle Herb seasoned dressing over cheese. Bake covered 375° for 30 minutes.

Irene L. Maxson

RED PUNCH

1 pkg. strawberry Kool-aid
1 can (6 oz.) frozen lemonade
3 quarts water
1 quart ginger ale or 7-up
1 pkg. cherry Kool-aid
1 can (6 oz.) frozen orange juice
2 cups sugar

Makes 1 gallon.

Betsy Berggren

CHAMPAGNE DESSERT

1 8 oz. pkg. cream cheese
2 bananas, mashed
1 medium can pineapple tidbits
1 large carton cool whip
3/4 cup sugar
1 10 oz. pkg. strawberries, with juice
1/2 cup chopped walnuts

Mix above ingredients and freeze. Slice and serve.

Marcella Brinkmann

CHOCOLATE DESSERT (Makes a cake w/pudding base)

1 cup flour
2 t. salt
3 T. cocoa
1/2 cup milk
1/2 cup chopped walnuts
2 t. baking powder
3/4 cup sugar
1 t. vanilla
2 T. melted shortening

Sift together all dry ingredients. Add remaining ingredients. Stir well, pour into 8x8x12 pan. Then mix together 1 1/4 cup brown sugar and 1/4 cup cocoa. Sprinkle this over mixture in pan. Then pour over this 2 cups hot water. Bake 350° for 40 to 45 minutes. Serve plain or with whipped cream or ice cream.

Irene L. Maxson

FRESH PEACH DESSERT

2 cups fresh peaches (diced)
1/2 stick margarine
1 t. baking powder
3/4 cup sugar
3/4 to 1 cup sugar
1/2 t. salt
3/4 cup flour
3/4 cup milk

Mix peaches in 3/4 to 1 cup sugar. Let stand. Melt margarine in 9x9x2 pan. Mix together remaining ingredients. Pour mixture over melted margarine in pan. Put peaches over top of mixture. Bake 45 minutes at 350°. Can be served warm with ice cream.

Barbara J. Dowd

HASH CAKES (brownies)

2 sticks oleo (soft)
4 T. cocoa
1 1/2 cup flour
1 1/2 cups miniature marshmallows
2 cups sugar
4 eggs
1 cup nuts

Mix all ingredients and fold in marshmallows. Bake 25-30 minutes at 325-350° in a 9x13 pan. (Optional - take from oven and cover with miniature marshmallows. Put back in oven and brown.)

Frosting:

1 stick oleo
4 T. evaporated milk
4 T. cocoa
powdered sugar

Bring to boil. Take from heat and add powdered sugar.

Lillian A. Wheat

BING CHERRY BARS

2 cups sugar
dash of salt
1/2 cup margarine
1 t. vanilla
2/3 cup evaporated milk
12 large marshmallows
6 oz. cherry chips

Combine ingredients in saucepan over medium heat. Bring to boil for 5 minutes (watch carefully so it doesn't scorch). Remove from heat. Add cherry chips and vanilla. Mix thoroughly and place in buttered 9x13 pan.

Top Layer:

12 oz. pkg. chocolate chips
1 lg. pkg. chopped salted peanuts
3/4 cup peanut butter

In double boiler melt chocolate chips and peanut butter. Add salted peanuts. Spread on cherry mixture and refrigerate.

Irene L. Maxson

STRAWBERRY GLAZE PIE

1 to 1½ qts. fresh strawberries
1 cup sugar
1 T. butter
whipped cream
1/2 cup water
3 T. cornstarch
1 - 9" baked pie shell

Crush enough berries to make one cup. Combine water, sugar & cornstarch. Add to crushed berries. Cook over medium heat stirring constantly until mixture boils and becomes clear. Add butter, cool slightly. Line baked pie shell with whole berries. Cover with glaze. Chill. Garnish with whipped cream just before serving.

Marcella Brinkman

SOFT OATMEAL COOKIES

1 cup crisco
1 cup white sugar; 1/2 cup brown sugar
2 eggs; 1 t. soda; 1/4 t. salt
2 t. cinnamon; 1/2 t. cloves; 1/2 t. nutmeg
1 cup nuts; 2 cups quick oatmeal;
1 cup raisin pie filling; 2 cups sifted flour

Mix in order given. Bake at 350° for 12 minutes on greased cookie sheets.

These freeze beautifully.

Lydia Winter

SPECIAL PEACHES

2 large cans freestone peaches (peach halves) drained (save syrup)
1 T. whole cloves
1 cup cider vinegar
1/2 cup sugar
2 sticks cinnamon

Boil liquids 3 minutes, add peach halves and refrigerate overnight.

Jeanne Rogers

REFRIGERATOR PICKLES (very easy & good)

2 onions
4 cups sugar
1/4 cup canning salt
1 1/3 t. tumeric
8-10 cucumbers
4 cups vinegar
1 1/3 t. mustard seed
1 t. celery seed

Slice onions thin and put in the bottom of gallon jar then fill with thin sliced cucumbers.

In seperate bowl mix remaining ingredients, stir until dissolved. (DO NOT HEAT). Pour over cucumbers. Set in refrigerator. (Will keep up to 9 months.)

Lillian Wheat

The Church of Jesus Christ of Latter-Day Saints

Garden and Pleasant Drive
Cedar Falls, Iowa

Past

Present

The Church of Jesus Christ of Latter-Day Saints was organized on April 6, 1830 in New York State. Its members are frequently referred to as "Mormons" or "Latter-Day Saints."

Headquarters of the Church is in Salt Lake City, Utah, but the thousands of church congregations throughout the world are run by local area offices.

The Church places great emphasis on family and individual development. It emphasizes education and operates numerous schools, colleges, seminaries and institutes of religion. It maintains a vital welfare system, a unique missionary program and worldwide organizations for men, women, youth, and children.

In October 1946, a "branch" of the Church was organized in Waterloo, Iowa. The first meetings were held in a home, but as the membership grew another location had to be found. The Union Hall and later the YMCA housed the small congregation in Waterloo for a short time.

In 1957, S. Dilworth Young, one of the general authorities of the church, came to break ground for the building of a chapel in Cedar Falls. Construction was completed in May, 1961. Since then, there have been many additions to the church located on the corner of Garden and Pleasant Avenue. Membership has risen from one family back in 1925 to over 700 members today in our area. We are grateful to be a part of the great Cedar Falls/Waterloo church community.

EASY FRUIT SALAD

2 11 oz. cans mandarin oranges (drained)
1 12 oz. carton cottage cheese
1 9 oz. carton cool whip
1 lg. can crushed pineapple (packed in juice) (drained)
1 (6 oz.) pkg. orange Jello (dry)

Mix well drained oranges and pineapple. Add remaining ingredients one at a time, mixing well after each.

Variation: Use large can drained peaches and peach Jello.

Jo Ott

BANANA NUT BREAD

1/2 cup cooking oil
2 eggs, beaten
2 cups flour
1/2 t. baking powder
3 T. milk
1/2 t. vanilla
1 cup sugar
2 ripe bananas, mashed
1 t. baking soda
1/2 t. salt
1 cup chopped nuts

Combine sugar and oil. Add eggs, then bananas. Add sifted dry ingredients. Stir in milk and vanilla. Fold in nuts. Pour into greased and floured loaf pan. Bake at 350° for 45-60 minutes. Allow to cool before slicing.

Teri A. Buettell

FAT-FREE CHOCOLATE CAKE

1¼ cup flour
1/2 cup corn syrup
1 t. baking powder
1/2 t. salt
1 cup water
1/4 cup cocoa
1/4 cup cornstarch
1/2 t. soda
1¼ cup sugar
3 egg whites or 2 eggs

Mix together in order given. Bake 350° 30-35 minutes in 9x13 pan.

JoAnne Swindler

LOW FAT ALFREDO SAUCE

2 cups low fat cottage cheese
2 T. butter flavor granules
1/2 t. chicken bouillon
1/4 t. pepper
3 T. Parmesan cheese
1/2 cup evaporated skim milk
1/2 t. basil
dash of red pepper

Combine all of the above in blender and blend until smooth. Cook on low heat until heated through, stirring constantly.

JoAnne Swindler

POTATO CHEESE SOUP

8 large potatoes - grated
6 cups chicken broth
1/2 cup flour
13 oz. evaporated milk
1/4 cup margarine
4 cups grated carrots
1/2 cup diced green pepper
1 cup water
2 cups shredded cheddar cheese

Heat chicken broth to boiling. Add potatoes, carrots, and green pepper. Cook till tender. Mix flour and water together. Add to vegetables and stir till thickened. Add milk, cheese and margarine – then enjoy.

JoAnne Swindler

PECAN PUFFS

1/2 cup margarine
1 t. vanilla
1 cup ground pecans
2 T. sugar
1 cup cake flour
powdered sugar

Cream margarine and sugar, add vanilla. Stir in cake flour and pecans. Roll dough into small balls (1 inch diameter) and place on well greased cookie sheet. Bake for 45 minutes at 300°. Roll in powdered sugar while still hot and again when cool.

Sharon West

SWEDISH KRINGLE

1 cup butter or margarine
1 8 oz. pkg. cream cheese
powdered sugar icing
3 cups flour
1 large can pie filling

Mix dough as for pie crust – divide in half. Roll and spread in a jelly roll pan. Fill with favorite filling, cherry, apple, peach, etc. Top with other half of dough, as for a pie. Bake til light brown at 350°. Let cool slightly. Ice with powdered sugar icing.

Amy Youngblut

CHICKEN CASSEROLE

3/4 cup celery
10 oz. pkg. frozen chopped broccoli
1/2 cup milk or chicken broth
2 cups cooked rice
3/4 cup onion
1 can cream of chicken soup
1 small jar Cheez Whiz (8 oz.)
1 small chicken (cooked and cut up)

Sauté celery and onion until tender. Cook broccoli until tender. Mix all ingredients and bake at 350° for 30 minutes.

Jane Swallow

PINEAPPLE AND BANANA SALAD

1/3 cup sugar
2 T. cornstarch
1 egg
pinch of salt
pineapple
bananas
walnuts
mini-marshmallows

Drain juice from can of chunk pineapple and add about 1/4 cup water. Add remaining ingredients. Cook until thick. Let cool, then pour over pineapple, bananas and tiny marshmallows and nuts.

Joyce Leonard

BEST EVER ROLL DOUGH

3 heaping T. yeast
3/4 cup sugar or honey
2 T. salt
3 cups water
flour (white, wheat or mixture)
1 cup warm water
8 beaten eggs
1 cup nonfat dry milk
1 lb. melted & cooled margarine

Let yeast soften in the warm water, then add remaining ingredients in bread mixer, and add flour until dough is workable by hand. (Will take most of a 5 lb. bag of flour).

Form rolls in whichever fashion you desire, let rise and bake 20 minutes at 350°.

This dough will keep in an airtight container in the refrigerator for several days; in the freezer for months. Allow to thaw before using. Can be used for scones or even donuts.

Rosemary Bailey

MAGIC FRUIT COBBLER

1/4 lb. butter or margarine
3/4 cup milk
1 can flour
1 lg. can fruit (or 2 med.) with juice
1 cup sugar
1 1/2 t. baking powder

Melt butter in bottom of baking dish. Mix milk, sugar, flour and baking powder and pour over butter. DO NOT STIR. Pour fruit over batter. DO NOT STIR. Sprinkle fruit with small amount of sugar. Bake 1 hour at 350-375°. Fruit will sink and batter will rise. Add a little cinnamon to peaches or apples and almond flavoring to cherries. Use your imagination. Never fails!

Jo Ott

CHICKEN ENCHILADAS

2 cups coarsely chopped cooked chicken
1/4 cup water
1/2 cup grated cheddar cheese
1/4 cup chopped green pepper
dash of sugar
1 dozen corn tortillas
1 8 oz. can tomato sauce
liquid hot sauce (optional)
1/2 cup chopped onion
1 clove minced garlic

Place small amount of chicken, chopped onion and cheese in center of each tortilla and roll up. Arrange in greased, shallow baking dish. Combine tomato sauce, water, green pepper, garlic, dash of sugar and hot sauce (if desired) in saucepan. Simmer 5 minutes. Pour over tortillas. Bake at 375° for 15 minutes. Sprinkle with cheese and return to oven for 5 minutes. Serve hot.

Myra Freestone

SHRIMP COCKTAIL DRINK

2 lg. cans tomato juice
small bottle catsup
1/2 t. salt
3 T. sugar
juice of 1/2 lemon
2 cans broken shrimp
1 cup diced celery
3 T. worcestershire sauce
1/2 t. garlic salt

Combine all ingredients and refrigerate for 24 hours. Makes 4 quarts.

Kimm Frost

SWEET AND SOUR PORK

1 lb. lean pork cut into 3/4" cubes
1/2 cup all-purpose flour
1/4 cup brown sugar
3/4 cup pineapple juice
2 T. cornstarch
1 whole green pepper sliced
1 whole red pepper sliced
1 egg well beaten
6 cups peanut oil
1/3 cup vinegar
1 T. soy sauce
1 can pineapple chunks drained, reserve juice
3 T. pineapple juice (reserved from chunks)

Dip pork cubes in beaten egg and then in flour, coating well. Fry pork in hot oil (360°) until brown, about 8 minutes. Remove and drain on paper towel; keep warm. In a wok or deep skillet, combine sugar, vinegar, pineapple juice, and soy sauce; bring to boil. Blend cornstarch into juice; gradually stir into sauce. Continue to simmer sauce, stirring constantly until thickened. Stir warm pork cubes, drained pineapple chunks and pepper slices into sauce. Heat through, stirring constantly about 5 minutes. Serve with rice.

Joann Buettell

GAZPACHO

4 cups red ripe tomatoes chopped
1 cup large bell peppers chopped
1 clove garlic
1 T. balsamic vinegar
1/4 t. white pepper
1 cup cucumber chopped
1/2 cup onion chopped
1/4 cup olive oil
1/2 t. salt

Puree vegetables in blender or food processor. Press through sieve to remove seeds. Combine olive oil and vinegar and blend into vegetable puree. Season with salt and pepper. Chill well.

Joann Buettell

CHEESEY PORK CHOPS

1 can cheddar cheese soup
1 cup sour cream
1-2 T. flour and spices
6-12 pork chops
1 can cream of celery soup
1 cup milk
1 T. oil

Mix first four ingredients in crockpot or slow cooker. Trim chops and shake with flour mixture, heat oil and quick fry chops. (The faster you want them, the longer you fry them and vice versa.) Add then to the sauce and stew for at least 45 minutes. Sauce is excellent over potatoes. Also easily adjusted for more chops.

Diane M. Bowman

POTATO CASSEROLE

8 potatoes
1 stick butter or margarine
1 1/2 cups grated cheddar cheese
1 carton Half 'n Half
1 T. Salt

Cook potatoes, cool, shred. Combine half 'n half, margarine and salt in sauce pans, cook until salt is dissolved and margarine is melted. Pour over potatoes. Sprinkle cheese over casserole. Bake at 350° for 45 minutes.

This recipe works best in the oven rather than microwave.

Neysa Keepfer-Reed

PEANUT BUTTER POPCORN

3 quarts popped corn, plain
1 cup sugar
1/2 cup light corn syrup
1 t. vanilla
1 1/2 cup chopped nuts
1/2 cup honey
1 cup peanut butter, creamy or chunky

Combine popcorn and nuts in large buttered roasting pan. Keep warm in 250° oven. Butter a 1 1/2 quart saucepan. Combine sugar, honey, and corn syrup in buttered pan and bring to a boil, stirring constantly. Boil hard for 2 minutes, remove from heat. Stir in peanut butter and vanilla. Pour immediately over popcorn, stirring to coat well. Cool; break into bite-size pieces.

Teri A. Buettell

CHEWEY OATMEAL COOKIES

A)
2 cups flour
1 t. salt
1 t. soda
1 t. baking powder

B)
1 cup shortening
1 T. butter
1 cup sugar
1 cup brown sugar

C)
2 eggs
2 t. vanilla
2 T. water

D)
2 1/2 cups oatmeal
1 cup raisins
nuts, butterscotch chips, or whatever you like (walnuts work especially well)

1. Stir together (A).
2. Cream (B).
3. Add (C) to (B) mixture.
4. Add (A) mixture to above.
5. Stir in thoroughly (D.)
6. Drop on greased cookie sheet by teaspoonful.
7. Bake at 350°F for 13-15 minutes. Yield: 36 cookies

Teri A. Buettell

SPINACH LASAGNA

A)
1 med. onion, chopped
2 garlic cloves, minced
1/2 green pepper, chopped
2 T. vegetable oil

B)
1 28 oz. can tomatoes
1 6 oz. can tomato paste
1/4 cup minced fresh parsley
1/2 t. oregano
1 bay leaf

C)
1 10 oz. pkg. prepared and drained frozen chopped spinach
1 egg
8 oz. lasagna noodles
8 oz. grated mozzarella
1 lb. ricotta cheese
1 t. salt
1/4 t. pepper
3/4 cup grated parmesan cheese

1. Sauté (A) until golden, stirring often
2. Stir in (B) and simmer, uncovered, 20 minutes.
3. Combine seperately (C), reserve 1/2 cup parmesan for layers.
4. Cook lasagna noodles
5. Spoon 1/3 tomato sauce in bottom of dish (9x13). Add layer of noodles, spinach mixture, mozzarella, then parmesan. Repeat. Bake at 350° for 45 minutes.

Teri A. Buettell

Church Women United

Past Presidents
Jean Porter, Genevieve Iles, Zelma Hoffman,
Virginia Douglas, Dorothy Moon and Ruth Hovelson

The official purpose of CWU is: "To encourage church women to come together in a visible fellowship to witness to their faith in Jesus Christ, and enabled by the Holy Spirit, to go out together into every neighborhood and nation as instruments of reconciling love." It was founded in 1941 at the time of the Pearl Harbor attack. However, the Cedar Falls group started in about 1920 and was called the Cedar Falls Missionary Union. In 1923 there were eight churches. Four of the original ones are: First Presbyterian, First Baptist, First Methodist and Congregational (United Church of Christ). Current additional members are: Cedar Heights Presbyterian, Valley View Baptist, St. Timothy Methodist, Nazareth Lutheran and Bethlehem Lutheran. Associate members are: St. John's Lutheran, Cedar Community Mennonite and First Christian (a charter member).

Annual events are: World Day of Prayer on the first Friday of March, May Fellowship Day on the first Friday of May, World Community Day on the first Friday of November and the Annual Meeting in September. There are Executive Board meetings which include officers, representatives of each church and the chairman of the six committees: Ecumenical Development, Ecumenical Action, Ecumenical Celebrations, Communications, Nominations and Finance. There are also area, state, regional and national meetings held periodically.

One of the important projects is providing Meals on Wheels, five days a week to as many as 89 individuals, enabling them to remain in their own homes. CWU finances this through contributions, pays the drivers, purchases supplies, and schedules the "runners" – who are not paid. Another project is carried out by Outreach (formerly Forum). They collect miscellaneous items which can be used by up to 17 agencies (such as River Hills School, Adults Inc., retirement homes) and deliver them to the various locations. The Church Women United Task Force on Recycling was commissioned in April, 1993, and instructs and promotes residents in recycling everything possible. Members have also manned the Recycling Center on Saturdays. Contact person for CWU is President Deborah Fitkin of 1st Methodist.

Since about 1969, CWU has collected up to $1695 a year for UNICEF. Some years 10 churches, 6 university groups and 6 special groups participated. This has dwindled over the years, but the selling of the cards continues. In the 20's and 30's up to 1164 lbs. of clothes were collected for refugees and the poor.

– Historian Emeritus - Virginia Douglas

GRANDMA'S PANCAKES

1/2 cup milk
2 eggs
1/4 cup margarine or butter
1/2 cup flour
dash of nutmeg

Mix milk, flour, eggs, and nutmeg. Melt butter in glass casserole pan with high sides, pour mixture in casserole pan. Put in pre-heated 425° oven for 20 to 25 minutes. They puff up. Take out of oven and sprinkle powdered sugar on them.

Debbie Fitkin
CWU President 1994-95

CHEESE BALL

1 8 oz. pkg. cream cheese
1 cup (or more if desired) of shredded sharp cheddar cheese; (4 oz. cheddar=1 cup shredded)
1 stick of butter, oleo, or half of each (8 T. in all)
2 T Parmesan cheese
1-2 T. worcestershire sauce

optional:
1/4 t. onion
4 oz. liverwurst - can use more and no cheese if desired
dijon mustard or dijonnaise

Soften and mix; form into ball or log. Coat with parsley flakes, chopped nuts, decorate with cut up olives, pimentos, maraschino cherries, as desired. Have fun!

Priscilla (Penny) Brown
CWU President 1989-1994

HASH BROWN CASSEROLE SUPREME

2 lbs. frozen hash browns, partially thawed
2 cups sour cream
1 can cream of mushroom soup
1/2 cup chopped onion
2 cups grated Cheddar cheese
1/2 t. salt and pepper
1/2 cup melted margarine

Topping:
2 T. margarine and 2 cups crushed corn flakes

Mix all together in extra large bowl, adding hash brown's last. Place in greased 9x13 cake pan. Melt 2 T. margarine and mix with crushed corn flakes. Sprinkle topping over casserole. Bake at 350° for 50-60 minutes. Serves 12.

Ruth Hovelson
CWU President 1987-1988

DOROTHY'S MOM'S WAFFLES

2 cups all purpose flour
2 t. baking powder
1 t. baking soda dissolved in milk
6 T. melted butter or oleo
2 beaten egg yolks
1/4 t. salt
2 cups sour milk or buttermilk (preferable)
1 T. sugar

Sift together flour, salt, and baking powder. Dissolve baking soda and milk. Combine dry and liquid ingredients. Fold in 2 beaten egg whites. Put in waffle iron until done.

Dorothy Moon (deceased)
CWU President 1985-1986

COFFEE CAKE WITH PIE FILLING

3/4 cup oleo
2 eggs
2 cups flour
1 can pie filling (peach, cherry, etc.)
1 cup sugar
1 cup sour cream
1 t. salt & 1 t. soda

Topping: 1/2 cup sugar and 1/2 t. cinnamon

Mix in order. Spread 1/2 dough in 9x13 pan. Add pie filling. Add other 1/2 dough over filling. Top with 1/2 cup sugar and 1/2 t. cinnamon. Bake 40 minutes at 350°.

(Note: All meetings begin with coffee and coffee cake and this is an easy one.)

Virginia Douglas
CWU President 1983-84

LEMON BLUEBERRY SALAD

1 (3 oz.) pkg. lemon Jello
1 (3 oz.) pkg. black raspberry Jello
1 cup boiling water
1/2 cup cold water
1 T. lemon juice
1 (21 oz.) can blueberry pie filling
1/4 cup confectioners' sugar, sifted
1 cup dairy sour cream

Dissolve gelatin in boiling water. Add cold water and lemon juice. Gradually stir in pie filling. Pour in an 8x8x2 inch baking dish. Chill until firm. Fold sugar into sour cream just until blended. Spread over gelatin.

Geraldine Walker
CWU President 1981-1982

TEXAS SHEET CAKE

Cake:

2 sticks margarine
1 cup water
4 T. cocoa
2 cups flour
2 cups sugar
1/2 t. salt
1/2 cup sour cream
2 eggs
1 t. soda
1 t. vanilla

Icing:

1 stick margarine
4 T. cocoa
6 T. milk
1 lb. box powdered sugar
1 t. vanilla
1 cup chopped nuts

Bring to boil: margarine, water, cocoa. Remove from heat and add: flour, sugar, salt. Beat in: sour cream, eggs, soda, and vanilla. Pour into large greased cookie sheet with sides. Bake 375° 20-25 minutes - no longer.

Start icing before cake is done: Bring to boil margarine, cocoa and milk. Remove from heat and add: powdered sugar, vanilla and chopped nuts. Put on cake as soon as you remove cake from oven.

Karolyn S. Ketter
CWU President 1979-1980

SHIPWRECK CASSEROLE

1 lb. ground beef
1 can cream of mushroom or celery soup (undiluted)
1 can peas (can use frozen)
salt and pepper to taste
2 T. minced onion
1 can cream of chicken soup (undiluted)
1 cup uncooked Minute Rice

Prepare rice as directed on box. Fry ground beef and onion together. Mix all ingredients together. Place in casserole. Bake one hour at 350° F.

La Verne Bottke (deceased)
CWU President 1977-1978

DUTCH APPLE CAKE

2 cups flour
1/2 cup sugar
1/4 cup melted butter
1 cup milk or water
1 egg
2 1/2 t. baking powder
1 t. salt

Sift dry ingredients together 3 times. Add other ingredients, stir to smooth dough. Spread in well-greased shallow pan. Pare apples and cut into 8ths. Press sharp edges of apple into dough in rows. Sprinkle top with sugar and cinnamon to taste. Bake in 350° oven until apples are tender.

Zelma Hoffman
CWU President 1972-1976

RHUBARB PIE

4 cups finely cut rhubarb
1 unbaked pastry shell
1 cup sugar
1/4 cup margarine
1/2 cup flour
1 3 oz. box raspberry Jello

Put rhubarb in unbaked pastry shell. Sprinkle Jello over rhubarb. Mix sugar, flour, and margarine together until crumbly and put on top of rhubarb. Bake 50 minutes or until bubbly at 350° degrees.

Unbaked Pastry Shell - single
1 cup flour, 1/2 t. salt, 1/4 cup plus 2 T. shortening, 2 1/2-3 T. cold water. Mix and press into pie tin.

Genevieve Iles
CWU President 1968-1972

POTATOES KUGELI (Kugeli is the Polish word for pudding)

6 or 7 medium-sized potatoes, peeled and grated
5 T. butter or margarine
salt and pepper (white pepper is best) to taste
1 medium-sized onion, grated
3 eggs, beaten
2 cups hot milk, but not scalded

In a large bowl beat the eggs until well mixed. Into the egg mixture grate the potatoes and onion. Cut the butter into little chunks and sprinkle over the potatoes. Add the salt and pepper to taste. Pour the hot milk over the potatoes. Put the entire mixture into a buttered one-and-a-half quart casserole and cover it. Bake in a 375° oven for 50 minutes. Sprinkle with paprika before serving. Serves 8 generously.

Evelyn Wood
CWU President 1956-1957

COFFEE-TOFFEE BARS

2 1/4 cup sifted flour
1/2 t. salt
1 cup margarine (2 sticks) softened
2 T. instant coffee
1/2 cup chopped nuts
1 t. baking powder
1 egg
1 cup brown sugar
1 t. vanilla extract
1 12 oz. semi-sweet choc. chips

Heat oven 350°. Sift flour, baking powder and salt together and set aside. Blend margarine, brown sugar, flavoring, egg, and instant coffee together. Add dry ingredients – choc. chips and nuts. Press down into a well greased 9x13 pan or 15x11 jelly roll pan. Bake 20 to 30 minutes till lightly brown around edges. Cut into bars while warm. Makes 3 dozen.

Jean E. Porter
CWU President 1948-1949

MICRO HAM & SCALLOPED POTATOES

3 T. oleo or butter
1/4 cup finely chopped onion
3 T. flour
1/2 t. salt
1/2 t. dry mustard
1/8 t. pepper
1 1/2 cup milk
3 cups cubed ham
5 cups thinly sliced potatoes

Place butter in 12x8 dish. Micro high 45 seconds-1 minute. Stir in onion, flour, salt, pepper. Blend in milk. Micro high 5-7 minutes or until thickened, stirring every 2-3 minutes. Mix in ham and potatoes, stirring to coat with sauce. Cover with wax paper. Micro on high 17-22 minutes or until potatoes are tender, stirring 3 or 4 times during cooking. If too thick add some milk. Serves 4-6.

Jean Hattel
Outreach Co-Chair 1994-1995

BARBECUED HAMBURGER

1 to 1 1/2 lb. hamburger
1 large onion, chopped
green pepper (if desired)
dash of cloves
1 t. worcestershire sauce (to taste)
2 T. sugar
2 T. vinegar
2 T. prepared mustard
salt (to taste)
1 cup catsup

Put hamburger and onion in a heavy skillet over medium high heat. Stir and mash until light colored and partially cooked. Add all other ingredients and simmer 1/2 hour. Serve on buns. May be stored in jar in the refrigerator and reheated as needed.

Karen S. Burkholder
CWU Treasurer 1987-1995

STRAWBERRY MARZIPAN BARS

1 1/4 cup flour
1/2 cup butter
1/3 cup brown sugar

Beat at low speed 1-2 minutes 'til crumbly. Press into pan. Bake 15-20 minutes 'til edges are lightly browned. 350° 9x9 greased pan.

In same bowl, combine:
3/4 cup flour
1/4 cup butter
1/2 t. almond extract
1/2 cup brown sugar
1/8 t. salt

Beat at low 1-2 minutes 'til well-blended. Remove pan from oven. While still hot spread 3/4 cup strawberry preserves to w/in 1/2" from edge. Sprinkle topping over all and return to oven for 20-25 minutes.

Glaze:
1/3 cup powdered sugar
1/2 t. almond extract
1 1/2 t. milk

Cool bars before drizzling with glaze. May be doubled and baked in jelly roll pan.

Kirsten M. Moore
Ecumenical Action Chair 1994-1995

SAUSAGE 'N CHEESE BRUNCH TARTS

1/2 lb. bulk pork sausage
1 1/4 cups bisquick baking mix
1/4 cup margarine or butter, softened
2 T. boiling water
1/2 cup half-and-half
1 egg
2 T. thinly sliced green onion
1/4 t. salt
1/2 cup shredded Swiss cheese

Heat oven to 350°. Generously grease 12 muffin cups. Cook and stir sausage until brown; drain. Mix baking mix and margarine. Add boiling water; stir vigorously until soft dough forms. Press 1 T. dough on bottom and up side of each cup. Divide sausage evenly among cups. Beat half-and-half and egg; stir in onions and salt. Spoon about 1 T. into each cup; sprinkle cheese over tops. Bake until edges are golden brown and centers are set, about 25 minutes. Refrigerate any remaining tarts.

Margaret R. Clark
Ecumenical Celebrations Chair
1994-1995

COFFE CAKE DELUXE

2 cup flour
1 t. cinnamon
1 cup sugar
1/2 t. salt
3 t. baking powder
1/2 cup brown sugar

Stir together ingredients. Cut in 2/3 cup margarine. Add 2 beaten eggs and 1 cup buttermilk. Stir only until blended. Pour into greased 9x12 cake pan. Cover with topping before baking. Bake at 350° for 30 minutes.

Topping:
1/2 cup brown sugar
1/2 t. cinnamon
1/2 cup nuts
1/2 t. nutmeg

(Can be mixed up the night before.)

Alice Janssen
Communications Committee

QUICK RHUBARB COBBLER

1 stick butter
2/3 cup sugar
1/2 cup milk
2 cups chopped rhubarb
1 cup flour
2 t. baking powder
dash salt
1 cup hot water; 1 cup sugar (mix)

Melt butter in 9x9 pan. Mix flour, sugar, baking powder, milk and salt. Pour in pan. Put rhubarb over batter. Pour hot water and sugar mixture over rhubarb. Bake at 350° for 40 minutes.

Solveig Gregory
Nominations Chair 1994-1995

CHICKEN CASSEROLE

1 can cream of chicken soup
1 6 oz. can evaporated milk
4 oz. Chinese noodles (about 2 1/2 cups)
1 can cream of mushroom soup
1 cup boned chicken

Cut chicken into bite-sized pieces. Add to other ingredients. Put in 8x10 buttered casserole. Top with crushed potato chips or cracker crumbs. Bake in 350° oven for 45 minutes. Makes 6 servings.

Doris Wilson
Communications Chair 1994-1995

FUDGE NUT BARS

1 cup butter or margarine
2 eggs
2 1/2 cups flour
1 t. salt
2 cups light brown sugar
2 t. vanilla
1 t. soda
3 cups rolled oats

Filling:
1 12 oz. pkg. semi sweet chocolate pieces
2 T. butter or margarine
2 t. vanilla
1 cup Eagle Brand sweetened condensed milk
1 cup chopped nuts

Cream together butter and sugar. Mix in eggs and vanilla. Sift together flour, soda and salt; stir in rolled oats. Add dry ingredients to creamed mixture. Set aside while you make filling.

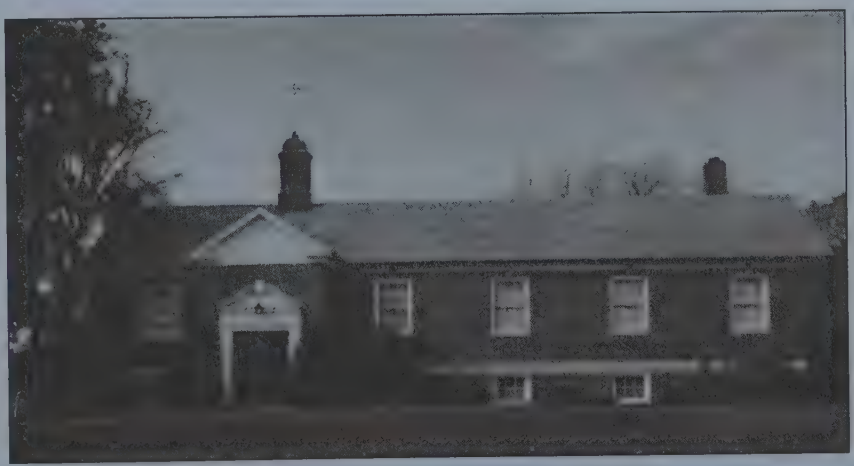
Mix together chocolate pieces, condensed milk and butter in double boiler over boiling water, and stir until mixture is smooth. Stir in nuts and vanilla. Spread 2/3 of oatmeal mixture in greased 15 1/2x10 1/2 jelly roll pan. Cover with chocolate mixture. Dot with remainder and swirl over chocolate filling. Bake at 350° for 25-30 minutes.

Betty Van Gerpen
CWU Secretary 1992-1995

College Hill Lutheran Church

Seerley Blvd. and Walnut Street
Cedar Falls, Iowa

Past (1942)



Present (1995)

Were it not for 26 college students being turned away from two crowded buses, College Hill Lutheran Church and Student Center might never have been founded.

On an ordinary midsummer Sunday morning in 1941, 66 college students from the Iowa State Teachers College (ISTC, now UNI), met at the corner of College and Seerley streets to take two buses to Immanuel Lutheran Church in Waterloo. When the buses arrived, however, it was soon apparent that not all would be going. So 26 students reluctantly walked back to their dormitories, unable to attend church.

Later that summer, the regional governing body of the Lutheran Church – Missouri Synod adopted a resolution to authorize starting a campus church. It was July 29, 1941, the date College Hill Lutheran Church and Student Center began.

College Hill Lutheran's first pastor was Rev. Edgar Brammer who, with his wife, Elsa, still attends this church. The Dr. D. Sands Wright house served as College Hill Lutheran's first church. By May 27, 1951, the congregation had built its new church on the corner of Walnut and Seerley, a building that still serves today.

Decades passed; student church attendance grew during the 1950's, slowed during the 1960's and '70s. The young pastor who had so eagerly served this new congregation was now reaching retirement. On January 27, 1980, the congregation gathered to bid their shepherd farewell.

In the following years, several other pastors served the congregation. Then in February 1987, the congregation extended the call for a second time to Rev. Steven Eggers of Knoxville, Iowa. He accepted and still serves today.

BAKED VEGETABLE MEDLEY

1½ cups onion slices
3/4 cup green pepper (thin slices)
2 cups frozen green beans, separated
2 t. salt
3 T. tapioca
1½ cups carrots, sliced about 1/2"
2 cups sliced celery (about 1/2")
2 cups canned tomatoes, broken up (16 oz., 1 can)
1/8 t. pepper
1 t. sugar

Combine ingredients and place in casserole. Cover tightly. Bake 350° for 1 hour 10 minutes. Don't cut vegetables too small.

Marian F. Bireline

BROCCOLI & CAULIFLOWER SALAD

4-5 cups fresh cut-up broccoli & cauliflower
3/4 cup raisins
1/2 cup sunflower seeds
1/2 cup red onions
3-4 strips bacon crumbled

Dressing:
1 cup mayonnaise
1/4 cup sugar
2 T. vinegar

Combine: Broccoli and cauliflower and onions and dressing and let sit overnight in refrigerator. Next day add the rest of the ingredients and serve.

Ilene Heinichen

CHEESE STRATA

30 sl. day old bread (remove crusts)
16 beaten eggs
1 med. chopped onion (fine)
1 T. dry mustard
16 sl. American cheese
2 quarts milk
2 T. salt
1 t. white pepper

Grease pan and cover bottom with slices of bread. Cover each slice with slice of cheese. Then cover with the other slice of bread. Mix eggs, milk & spices and pour over top and refrigerate overnight. Bake at 325° for 1 hour or until knife comes out clean. Serves 30.

Hint: Sprinkle onion over cheese slices as it usually all goes to bottom of fluid and does not even out all over. (Takes a large pan or 2 smaller) This is good for Easter breakfast.

Helen Shelton

CHOCOLATE CHIP COOKIES

2 cups shortening
1 cup white sugar
1 cup powdered sugar
1 cup brown sugar
4 eggs
4 1/2 cups flour
2 t. soda
2 t. salt
2 cups chocolate chips
4 t. vanilla
chopped nuts

Beat shortening, sugar and eggs. Sift flour, soda and salt. Add vanilla, beat mixture. Add chocolate chips and nuts.

Bake350° for 12 minutes. Do not overbake.

Dorothea Berning

CHOCOLATE CHIP COOKIES

3 sticks butter
1/2 cup sugar
1 1/2 t. vanilla
3 1/3 cups flour
12 oz. chocolate chips
1 lg. box of instant vanilla pudding
1 cup brown sugar
3 eggs
1 1/2 t. baking soda

Cream butter, pudding, sugars and vanilla. Mix in eggs, add flour and baking soda. Mix in chocolate chips. Place on ungreased cookie sheet and bake at 350° for 10-12 minutes or until light brown.

Michelle Bany

CORN CASSEROLE

1 can whole kernel corn juice and all
2 eggs beaten
2 sticks melted butter or margarine
1 can cream style corn
2 boxes Jiffy cornbread mix
1 16 oz. can sour cream

Mix all together and pat in pan or casserole. Bake 1 hour and 15 minutes or until knife comes out clean. (Like you test custard pie)

Carrol Therdium

EGG IN A HOLE

6 eggs
butter or margarine
6 slices of bread
salt and pepper to taste

Butter both sides of each slice of bread. Use a cookie cutter to cut a hole in each slice of bread. Place bread in fry pan and put 1 egg in the middle of each slice of bread. Cook to desired doneness. Turn to brown other side of bread. May also brown cut out holes on each side and serve with egg.

Pat Shultz

FAVORITE MEAT LOAF

3 slices soft bread
1 egg
1/4 cup minced onion
1 T. worcestershire sauce
1/4 t. each of pepper, mustard, sage, celery salt, garlic salt
1 cup milk
1 1/2 lbs. ground beef
1 1/4 t. salt

Heat oven to 350°. Tear bread into large mixing bowl; add milk and egg. Add meat and seasonings; mix thoroughly. Form lightly into loaf and place in shallow baking pan. Bake 1 hour. 6 to 8 servings.

Kay Richman

FESTIVAL PRIME RIB

1 standing rib roast
1 bag rock salt
1 meat thermometer
1 large roasting pan
1 spray bottle (water)
1 small hammer

Line the bottom of roasting pan with rock salt and saturate with water. Stand rib roast on salt bed. Insert meat thermometer. Cover entire roast with rock salt and saturate with water. Place in oven and cook at 325° approximately 3 hours – until inside temperature is 160°. Oven heat will harden rock salt and work like a dutch oven to seal moisture in the meat. When done you will need to break salt away from meat with small hammer. Meat is tender, moist, delicious and *not* salty.

Christine Cadner
(original author unknown)

HOT FUDGE SAUCE

4 1 oz. squares of semi-sweetened chocolate
1 t. vanilla
dash of salt
2 T. butter
1 14 oz. Eagle Brand Sweetened Condensed milk

In medium sauce pan, over **low** heat melt butter and chocolate; stir in remaining ingredients. Cook, stirring constantly – about 5 minutes or until slightly thickened. Cool, refrigerate. Serve over cake, ice cream.

Peg Ross

LEMON MERINGUE PIE

Lemon Filling:
1 1/3 cups granulated sugar
1/3 t. salt
1/2 cup lemon juice
2 cups water
5 T. cornstarch
4 large eggs (separated)
2 2/3 t. lemon peel
2 T. butter

Meringue:
4 egg whites
6 T. granulated sugar
1/4 t. cream of tartar
1/2 t. vanilla

Filling: Combine sugar, cornstarch, salt in sauce pan. Mix well, add egg yolks, lemon juice and peel and water. Beat with whisk until smooth. Place over medium heat, bring to boil. Cook while stirring briskly, until clear and thickened, 1-2 minutes. Remove from heat. Stir in butter. Cool 5 minutes. Pour into prebaked pie shell.

Meringue: Beat whites and cream of tartar until frothy. Gradually beat in sugar, 1 T at a time. Add vanilla. Continue beating until stiff and glossy. Pile onto pie, sealing the edge. Bake at 350° for 12-15 minutes.

Carolyn Macomber

MAC INTOSH MUFFINS

1/2 cup vegetable oil
1 cup sugar
1 t. vanilla
1/2 t. salt
1/2 t. baking soda
1 cup peeled & chopped tart apples
1 1/2 cup flour
2 eggs
1/2 cup coconut
1/2 cup chopped pecans
1/2 t. cinnamon

Mix all ingredients together. Fill greased muffin cups 2/3 full. Bake in 350° oven for about 25 minutes or until golden brown. Makes 1 dozen.

Shirley Bierner

OATMEAL PAN ROLLS

1 1/2 cup boiling water
1/2 cup margarine
2/3 cup brown sugar
3/4 t. salt
1 cup quick cooking oatmeal
1 pkg. dry yeast
2 cup flour
1 egg (beaten)
2 more c. flour

Pour 1 1/2 cups boiling water over the margarine, brown sugar, salt and oatmeal. Cool this to lukewarm. Then add yeast, stir in 2 cups flour and 1 beaten egg. Beat to blend well, then add 2 more cups of flour. Put dough in greased bowl. Let rise once. Work down. Let rise second time – after the second rising, make into 2 dozen rolls and let rise until double. Makes 2 dozen.

Steph Ritrievi

POOR MAN'S PIE

unbaked pie shell
1/2 cup flour
1 stick butter
1 cup sugar
2 cups milk (2%)
2 t. vanilla

Mix sugar and flour. Gradually add milk and vanilla. Place in pie shell. Cut butter in slabs and place randomly in pie. Bake at 350° for 1 hour. Stir occasionally while cooking. Make sure the filling on the bottom gets stirred.

Janet Fort

RHUBARB BREAD

Mix and beat:
1 1/2 cups brown sugar
1 cup sour milk
2/3 cup vegetable oil
1 egg

Then add:
2 1/2 cups flour
1 t. soda
1/2 cup nuts
1 t. salt
1 1/2 cups rhubarb (cut up)

Spread batter in 2 greased loaf pans. Sprinkle 1/2 cup sugar mixed with 1 T. margarine over the top and bake 325° oven for 1 hour.

Anna Mae Aneweer

RHUBARB CAKE

1 cup brown sugar
1/4 cup butter or Crisco
Pinch of salt
1 cup sour milk
1½ cups rhubarb cut fine
1 cup white sugar
1 egg beaten
1 t. soda
2 cups flour
1 t. vanilla

Mix altogether and pour in oblong 9x13 cake pan. Sprinkle top with 1/3 cup sugar mixed with 3 t. cinnamon. Bake in moderate oven.

Gladys Wurtzel

RICE PANCAKES

3 cups milk
1 T. honey (opt.)
4 eggs slightly beaten
2 pt. fresh strawberries (sweetened)
2 cups instant rice
1/2 t. salt
butter or margarine for frying

In saucepan combine milk, rice, honey & salt. Cook over low heat stirring occasionally until milk is absorbed and mixture thickens. Cool slightly then add eggs and blend thoroughly. Fry on lightly buttered grill until brown on both sides. Serve topped with fruit.

Ruth Natvig

RUM CAKE

1/2 cup chopped nuts
4 eggs
1/2 cup cooking oil
1/2 cup rum
1 pkg. pudding-in-the-mix butter pecan cake mix
1/2 cup cold water

Preheat oven to 325°. Grease large bundt pan. Sprinkle nuts on bottom. Beat cake ingredients 6 minutes on medium. Pour over nuts. Bake 55-60 minutes.

Prepare sauce 10 minutes before cake is done. Pour sauce over cake in pan, let set 20-30 minutes. Invert onto plate. Serves 12-16.

Sauce:
1 stick oleo
1/4 cup rum
1 cup sugar
1/4 cup water

Bring to boil. Stir constantly, boiling 2 minutes.

Rosalie Boone

SPAGHETTI SQUASH CASSEROLE

1 sm, spaghetti squash (1½-2 lbs.)
1 lb. ground beef
1/2 cup chopped sweet red pepper
1 can (8 oz.) tomatoes with liquid, cut up
1/8 t. pepper
1 T. chopped fresh parsley
1/2 cup water
1/2 cup chopped onion
1 garlic clove, minced
1/2 t. dried oregano
1/4 t. salt
1 cup shredded mozzarella or cheddar cheese

Cut squash in half lengthwise – scoop out seeds. Place in baking dish, cut side down, and add water. Cover and bake at 375° for 20-30 minutes. When cool, scoop out squash, separating strands with fork. In skillet, cook beef, onion, red pepper, garlic until meat is browned and vegetables are tender. Drain. Add tomatoes, oregano, salt & pepper and squash. Cook and stir for 1-2 minutes or liquid is absorbed. Transfer to ungreased 1-1/2 qt. baking dish. Bake, uncovered at 350° – 25 minutes. Sprinkle with cheese and parsley. 6-8 servings.

Flora Brewster

SZECHWAN STYLE CHICKEN WITH WALNUTS

8 to 10 oz. boneless chicken breast
1/2 t. salt
1 egg white
1 T. cornstarch
2 T. oil
2 green onions, chopped
2 t. gingerroot, finely chopped
1/2 cup English walnuts, broken
1 T. bean sauce
1 green pepper, chopped
1 T. Szechwan chili sauce
2 t. sugar
2 T. rice wine or sherry

Cut chicken in 1/2 inch cubes. Mix together salt, egg white, cornstarch. Stir in chicken and set aside. Heat oil in a frying pan or wok on medium heat. Stir fry chicken until white (about 10 seconds). Remove chicken with slotted spoon. Turn heat high. Add rest of ingredients in order given. Stir fry 30 seconds. Stir in cornstarch mix. Serve hot with rice. 4 servings. Almonds, cashews or peanuts may be substituted for walnuts.

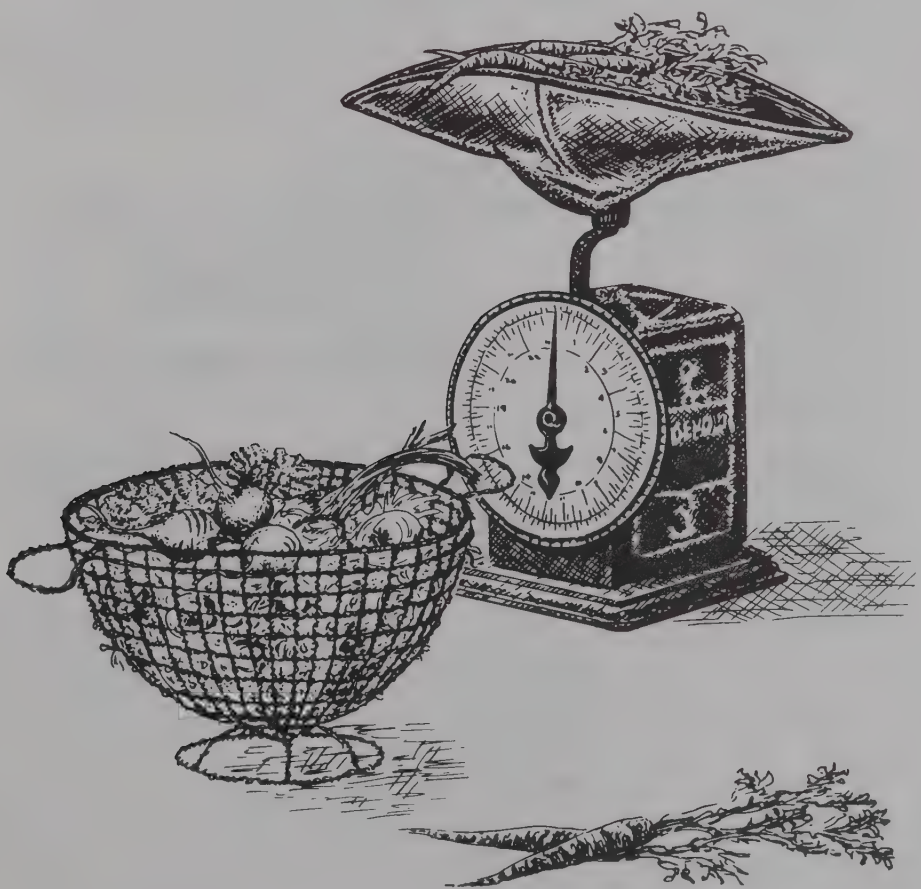
Ann Rueber

VEGETABLE CASSEROLE SUPREME

2 - 10 oz. pkgs. frozen broccoli, cooked & drained
2 - 10 oz. pkg. frozen mixed vegetables, cooked & drained
1 cup sharp cheese, grated
1 cup sour cream
1 stack of Ritz crackers
2 cups sliced carrots, cooked & drained
1 can sliced water chestnuts, drained
1 small onion, chopped
1 can cream of celery soup, undiluted
1 can french-fried onions
1 stick butter

Place vegetables in greased 9x13 pan in order given, being certain to drain them thoroughly. Top with sliced water chestnuts and chopped onion. Mix grated cheese, cream of celery soup and sour cream together well and spread over vegetables. Finely crush together one stack of Ritz crackers and one can of French-fried onions. Add garlic salt, if desired. Drizzle one stick of melted butter over crumbs, mix well and sprinkle over the top. Bake at 350° till bubbly.

Rhonda Busch-Walter



First Baptist Church

7th and Washington Streets
Cedar Falls, Iowa

Past

Present

A small group of Baptist, led by Rev. Knapp, started meeting in the fall of 1854. On July 31, 1858 twenty members of the society held a meeting in the public school house, located at 5th and Main, for the purpose of organizing a church. A council of local Baptist churches was called and it recognized the society as a organized church on August 28, 1858.

On March 25, 1864 the church voted to purchase the public school building at the corner of 5th and Main. The purchase price was $550. This building was removed and plans were made to build a new church. The new building would be 38 feet by 70 feet, with a 20 foot ceiling and a 60 foot tower and belfry, approximately the same size as our present day multi-purpose room.

The foundation was completed in June, 1864 and the framing was almost complete in September when the building collapsed and one workman was killed. The work ceased for a short period of time, but the location was cleared before winter set in. The building was finally completed and dedicated on November 19, 1865.

On April 5, 1899 the trustees purchased the Methodist Evangelical Church building which was located on the corner of 7th and Washington. Farewell services were held in the original building on March 9th and 11th of 1900. The church family met in other local church buildings until the new building was dedicated on December 2, 1990.

A new education unit including a chapel seating 120, 14 classrooms and an assembly area was dedicated on March 1, 1953.

The church had purchased the Kennison house just east of the 1900 building in 1957. The city agreed to vacate the alley separating these properties and a new sanctuary seating 590, fellowship hall and kitchen was dedicated June 18, 1964.

In 1974 the old 1900 building was condemned by the city. It was demolished in 1976 and a new building containing a gym, offices, classrooms and kitchen was constructed. It was dedicated on September 25, 1977.

Thirty-one full time pastors have served the church in its 138 years of existence. The shortest term being less than 6 months and the longest being slightly over 12 years. The highest resident membership was 630 in 1967 and the highest average Sunday School attendance was 401 in 1957. The highest average Sunday A.M. attendance was 372 in 1957.

FROSTED CRANBERRY MOLD

8 oz. can crushed pineapple
1 lb. can whole cranberry sauce
8 oz. pkg. cream cheese
1 apple (peeled and chopped)
2 T. salad dressing
2 pkg. raspberry Jello
1 cup heavy cream
1/2 cups walnut (chopped)

Drain fruit and add enough boiling water to make 2 cups. Dissolve Jello in hot liquid. Chill until partially set. Whip softened cream cheese and salad dressing until fluffy. Gradually beat in Jello. Fold this mixture into whipped cream. Put into mold. Let set. Add fruits and nuts to remaining mixture and pour into mold. Refrigerate several hours.

Nancy Gephart

MIXED VEGETABLE CASSEROLE

1 lg. pkg. frozen mixed vegetables (broccoli, cauliflower, carrots)
1 sm. can mushrooms
1 can Cream of Mushroom soup
1 can French Fried Onion Rings
1 lg. pkg. frozen french cut green beans
1 can sliced water chestnuts, drained
1 8 oz. jar Cheese Whiz

Cook and drain vegetables. Place in 9x12 casserole pan. Add drained mushrooms and water chestnuts. Mix cream of mushroom soup and Cheese Whiz together. Pour over vegetables and top with French Fried Onion Rings. Bake 45 minutes at 350° until "bubbly hot." Reheats well.

Juanita Rekers

ZUCCHINI BAKE CASSEROLE

2 cups zucchini, cubed
1 cup green peppers, chopped
8 slices wheat or rye bread, cubed
1 cup tomatoes, cubed
1/2 - 1 cup onion, chopped
1/2 cup your favorite cheese, grated

Mix first 5 ingredients and place in a 9x12 pan sprayed with Pam. Bake for 30 minutes at 350°. Sprinkle cheese on top and bake another 15 minutes. Serve hot. Makes 6 servings.

Barbara Mark

COLE SLAW WITH GINGER-DILL DRESSING

4 cups shredded cabbage
1 cup diced, unpeeled red apples
1 cup grated carrots
1/2 cup diced dates

Ginger-Dill Dressing:
2 cups any mayonnaise (home made is best)
2 t. chopped dill weed
1/3 cup honey
1/4 cup lemon juice (fresh is best)
1 t. ground ginger

For dressing: Blend with mixer or wire whisk. Refrigerate. Toss together salad ingredients and blend with 1/2 cup ginger-dill dressing.

Jill Carlson

SENÓR CHICKEN & RICE

1 cup cooked chicken (cut into small pieces)
2 cups grated Monterey Jack or Cheddar Cheese
4 or 5 corn tortillas, torn in pieces
1 can Cream of Chicken or Mushroom Soup
1/2 cup thinly sliced onion
2 T. chopped green chilies
1/2 cup milk

Layer tortillas, chicken, onion, chilies & cheese. Mix soup and milk together and pour over. Bake at 350° for 30 minutes. Serve over rice. Good served with tossed salad & tortilla chips. Serves 2.

Rice:
2 T. oil
1 t. chili powder
2 T. diced onion
1 cup water
1 cup Minute Rice
2 T. green pepper
2 t. cumin
salt & pepper to taste

Bring to boil, cover and turn off heat for 5 minutes.

Marty Halupnik

APRICOT BARS

3/4 cup oleo
2 cups flour
1 t. salt
1/2 cup chopped nuts
1 cup sugar
1 t. soda
1/2 cup coconut
12 oz. jar apricot jam

Mix oleo, sugar, flour, soda & salt in bowl until crumbled (like pie dough). Add 1/2 cup coconut and 1/2 cup chopped nuts. Place 2/3 of the mixture, pressing into a greased and floured 9x13 pan. Spread apricot jam over mixture. (It helps to have the jam warm). Add the other 1/3 of crumb mixture on top. Bake 350° for 30 minutes.

Grace Sindlinger

BROCCOLI BAKE

2 boxes frozen chopped broccoli (thawed & salted)
1 can Cream of Mushroom Soup
2 T. butter or margarine
1/2 cup Cheese Whiz
1/2 cup milk
1 cup Minute Rice

Place broccoli in a 2 qt. buttered casserole dish. Combine the rest and pour over broccoli. Bake uncovered at 350° for 30 minutes or until tender and bubbly. Good served with ham.

Reka Flater

MY NEW FAVORITE HAWAIIAN CAKE

1 pkg. yellow cake mix
1 1/4 cups cold milk
1 8 or 9 oz. container whip topping
1/2 cup chopped pecans
1/2 cup flaked coconut
1 6 oz. instant vanilla pudding mix
1 8 oz. pkg. cream cheese
1 20 oz. can crushed pineapple, drained
1/2 cup maraschino cherries, drained and chopped

Prepare cake as per directions on package. Pour into 10x15 jelly roll pan (greased). Bake at 350° for 15-20 minutes til done. Cool in pan. Blend pudding mix with milk, beat in cream cheese (room temperature). Then fold in whip topping. Spread on cooled cake. Sprinkle drained pineapple over pudding, then cherries, nuts & coconut. This not only makes a big beautiful cake, but its so good, everyone seems to rave about it and wants the recipe. Refrigerate til ready to cut. May be made the day ahead.

Marge Jungling

SO-SIMPLE QUICK DESSERT

2/3 cup sugar
1 cup flour
1 t. baking powder
1 egg, slightly beaten
1/2 cup shortening or 1/3 cup vegetable oil
1/2 t. salt
3-4 cups any kind fruit

Mix sugar and shortening or vegetable oil until well blended. Mix together flour, baking powder and salt. Add to sugar mixture. Batter will be stiff. Add beaten egg and mix well. Put your fruit into a 8x8 pan. Drop dough mixture by spoonfuls onto the fruit. Bake in 350° oven until golden brown. Serve hot or cold with cream or ice cream. Serves 9.

Alma Bunnell

RHUBARB CAKE

1 1/2 cup brown sugar
1 beaten egg
2 cups chopped raw rhubarb
1/2 cup oleo or shortening
1 t. soda into 1 cup sour milk
2 cups flour

Mix in order given. Put into a greased and floured 9x13 pan. Mix 1/3 cup white sugar and 1/2 t. cinnamon together and sprinkle on top before baking. 350° oven for 45 minutes. Apples could be used instead.

Renae Munson

CHICKEN DIJON

2 T. margarine
2 T. flour
1 cup chicken broth
2 T. dijon mustard
6 chicken breast (split, skinned, deboned)
1/2 cup evaporated milk

Melt margarine in skillet. Add chicken, cook until browned (about 20 minutes). Remove chicken to platter, cover. Stir flour into drippings in skillet. Cook 1 minute. Add chicken broth and evaporated milk. Stir and cook until the sauce thickens and bubbles. Stir in the mustard. Return chicken to skillet and heat for 10 minutes.

Carolyn Ford

OATMEAL MUFFINS

1 egg
1/2 cup brown sugar (packed)
1 cup quick oatmeal
1 t. baking powder
1/2 t. soda
1 cup buttermilk
1/3 cup shortening
1 cup flour
1 t. salt

Mix just till flour is moistened. Batter should be lumpy. Fill greased muffin tin 1/2 full (can use paper liners). Bake 400° for 20-25 minutes. Makes 12 muffins.

Evelyn Eastman

BANANA NUT BREAD

1 cup sugar
1/2 t. salt
2 eggs beaten
3 bananas mashed fine
1/2 cup shortening
1 t. soda dissolved in 2 T. milk
2 cups flour
1/2 cup nut meats (opt)

Mix the ingredients in the order given (left to right) and bake for 1 hour at 350°. It is best if baked a day or so before it is to be used. Bake in 2 small greased pans or 1 large loaf pan.

Alice Janssen

MOIST APPLE CAKE

1 cup oil
2 eggs
2 cups sugar
1 t. baking soda
1 t. cinnamon
3 cups chopped tart apples
1 cup chopped nuts (opt.)
2 1/2 cups flour
1 t. salt
1 t. baking powder

Beat oil, eggs and sugar together until light and fluffy. Sift dry ingredients together and add to 1st mixture. Stir in apples and nuts. Spoon into greased 9x13 pan. Bake at 350° about 55 minutes or until it tests done. This was given to me by my grandmother, Lela Wray.

Dawn DeBord

NORWEGIAN VELS KRINGLE

1st mixture:
1 cup water
1 1/4 cups flour
1 1/4 quarter of butter

2nd mixture:
1 1/4 cups flour
2 T. milk
1 1/4 quarters butter
4 eggs

Mix together first three ingredients in a saucepan, bring to a boil. Set aside to cool.

Mix together next 2 ingredients until crumbly.

Add milk. Form into a pretzel shape on greased cookie sheet.

Whip eggs (1 at a time) and add to the first mixture (cooled). Using a tablespoon add this mixture to top of pretzel forming rounded lumps. Bake 10 minutes at 400° and 30 minutes at 350°. Frost with powder sugar frosting.

Gladys Nelson

OATMEAL PEANUT COOKIES

1 cup margarine
3/4 cup brown sugar
3/4 cup white sugar
1/2 t. salt
1 t. vanilla
1 t. baking soda
1¾ cup flour
2 cups oatmeal
1/2 pkg. Heath Bits O'Brickle
1 cup dry-roasted peanuts
2 eggs
1 t. hot water

Cream margarine, sugars, salt and vanilla. Add eggs, soda, and hot water. Add flour, oatmeal, Heath Bits and peanuts. Drop by teaspoon on an ungreased cookie sheet. Bake at 350° for 10-12 minutes. Makes 3-4 dozen.

Dorothy Smith

ORANGE JELLO SALAD

2 pkgs. orange jello
1 can frozen orange juice, undiluted
1 can pineapple tidbits
1 can lemon pie filling
2 cups hot water
2 cans mandarin oranges
1/2 pint whipping cream

Drain juice from oranges and pineapple tidbits. Add enough cold water to make 2 cups. Dissolve the orange jello in the hot water, then combine with orange juice and fruit juice. Let set until partially congealed. Then add the mandarin oranges and pineapple tidbits. Let set until firm.

Topping: Whip the cream and combine with pie filling. Spread over the top of the salad.

Dena Wray

ZUCCHINI CASSEROLE

2 lbs. zucchini
1¼ lbs. hamburger
1 onion
2 cups crushed corn flakes
1/4 lb. Velveeta Cheese
1 can Cream of Mushroom Soup
1/2 cup milk

Cut, salt & cook zucchini until almost soft. Drain well. Brown hamburger with onion. Layer zucchini, cheese, hamburger in casserole. Mix milk & soup together, then pour over layers. Bake 45 minutes at 350°. Sprinkle corn flakes on top. Bake 10 minutes more.

Loretta Jans

BUTTERMILK WAFFLES

2 cups flour
1/2 t. salt
1 T. sugar
2-4 T. bacon grease or oil
3/4 t. soda
1 1/2 cup buttermilk
2-3 eggs

Separate eggs – beat whites stiff. Combine flour, soda, salt and sugar. Add egg yolks and buttermilk & oil. Beat till smooth with wooden spoon. Fold in egg whites. Ready for hot waffle iron. Serves 4-6.

Betty Tjepkes

BUTTERMILK PANCAKE MIX

2 cups dry buttermilk powder
1/2 cup granulated sugar
4 t. baking soda
8 cups all purpose flour
8 t. baking powder
2 t. salt

In a large bowl, combine all ingredients. Stir with wire whisk until evenly distributed. Pour into 12 cup container with tight fitting lid. Store in cool, dry place.

To make pancakes: Mix together 1 egg, beaten, 2 T. vegetable oil, about 1 cup water (more for thinner cakes) and 1 1/2 cup pancake mix. Let stand 5 minutes. Fry on lightly oiled griddle. Makes 10 - 4" cakes. Especially good for campers!!

Luella Schuler

CAMPFIRE POTATOES

5 medium potatoes, peeled & thinly sliced
1/3 cup shredded cheddar cheese
1 T. Worcestershire sauce
1/3 cup chicken broth
1 medium onion, sliced
6 T. butter or margarine
2 T. minced fresh parsley
salt & pepper to taste

Place the potatoes and onion on a large piece of heavy duty foil (about 20x20); dot with butter. Combine the cheese, parsley, Worcestershire sauce, salt and pepper; sprinkle over potatoes. Fold foil up around potatoes and add broth. Seal the edges of foil well. Grill, covered, over medium coals for 35-40 minutes or until potatoes are tender. Yield: 4-6 servings.

NOTE: May also be baked in the oven.

Betty Stocker

NO FAIL DINNER ROLLS

1/2 cup oleo or butter
2 t. salt
2 pkg. yeast
1/2 cup sugar
2 cups milk
6 cups white flour

Combine butter, sugar, salt & milk and bring to boil. Cool to luke warm and add yeast. Let yeast dissolve. Add flour. Mix until dough is heavy and lost its glossy appearance. Knead until smooth and elastic. Let rise until double, knead and if time, let rise again. Form into small buns. Let rise until double in size. Bake 12-15 minutes in 350° oven. Makes good cinnamon rolls or coffee cake also.

Gladys Nelson

LAYERED BEEF & CHICKEN BAKE

1 - 3 oz. pkg. sliced dried beef
6 slices bacon
1 cup dairy sour cream
3 whole large chicken breasts
1 - 10 3/4 oz. can condensed cream of mushroom soup

Run cold water over beef, drain well. Arrange in 12x7x2 baking dish. Remove skin and bones from chicken breasts. Halve lengthwise. Place atop beef. Place bacon atop chicken. Bake at 350° for 30 minutes. Combine cream of mushroom soup and sour cream. Pour over chicken. Bake 30 minutes more. Serves 4-6.

Betty Tjepkes

ALMOND BROCCOLI SALAD

4 cups cut-up broccoli
1 cup red seedless grapes, halved
8 strips bacon, cooked & cut into pieces
1 cup celery, diced
1 cup green seedless grapes, halved
2/3 cup slivered, toasted almonds
1/2 cup green onion, chopped

Dressing:
1 cup mayonnaise
1 T. vinegar
1/3 cup sugar

Mix together and refrigerate the first five ingredients. Just before serving add: almonds and green onion. Add dressing and serve.

From the kitchen of Marion Rekers
in her memory

First Christian Church
(Disciples of Christ)

13th and Division Streets
Cedar Falls, Iowa

The Rev. Hugh Morrison and his son came to Cedar Falls in July 1893 to conduct a month long series of tent meetings in the hopes of establishing a Christian Church here. Their tent was located on the southwest corner of 2nd and Washington and Rev. Haggard, Dean of Bible at Drake University was the featured speaker. The month culminated on the 23rd with first baptismal services being held for 24 persons in the mill race of the Cedar River. The congregation then organized in 1894 as the "First Christian Church."

Services were first held in homes, then at the Unitarian Church (which later became part of Simpson's Furniture Store). By 1906 the congregation was holding afternoon services in the Presbyterian Church and renting the Danish Baptist Church for baptisms. In 1907 the Presbyterians sold their building at 608 Main to the Christian congregation, who added a baptistry and remained in that building until 1961.

The seeds for our present church facility were sown in 1950 when "the proposition of a better church building as a long range project was brought up and the trustees (were) instructed to investigate" this. The congregation bought land at the corner of 11th and Division and constructed first a parsonage in 1957, then the educational unit of the church building in 1961. This was also used for worship until 1968 when the sanctuary unit was constructed. More recently a remodeling project was undertaken to reflect growing church needs. The Rev. Ed Taylor serves as pastor of this growing church family of approximately 240 active church members.

MINT BARS

Step One:

1/2 c. oleo
2 eggs
1 c. sugar
dash of salt
1/4 t. mint extract
2 squares melted chocolate
1/2 c. flour

Step Two:

4 T. oleo
2 c. powdered sugar
2 T. cream
1/2 t. mint extract
4 drops green food coloring

Step one – Mix all ingredients well. Pour into ungreased 9x13 pan. Bake at 350° for 15 to 20 minutes. Cool.

Step two – Beat ingredients thoroughly. Spread on cooled brownies.

Step three – Combine 2 squares of chocolate, melted, with 2 tablespoons oleo. Drizzle over top of frosting. Refrigerate. Cut into squares.

Carolyn Chambers

RHUBARB DREAM DESSERT

1 cup flour
5 T. powdered sugar
1/2 cup butter or margarine
2 eggs, beaten
1 1/2 cup sugar
1/4 cup flour
1/4 t. salt
2 cups rhubarb, chopped

Blend together 1 cup flour, powdered sugar and butter. Press mixture into 7 1/2x11 1/2x1 1/2 inch pan or 9 inch pie pan and bake at 350°F. for 15 minutes. Meanwhile, mix together rest of ingredients. Spoon onto hot crust and bake 35 to 45 minutes at 350°F

Joann McGlaun

COPPER PENNIES

2 lbs. carrots, sliced diagonally, cooked, drained
2 med. onions, thinly sliced and separated
2 med. green peppers, thinly sliced
10 1/2 oz. can tomato soup
2/3 cup sugar
3/4 cup vinegar
1/2 t. salt
1 t. prepared mustard
1/2 cup oil
1 t. Worcestershire sauce

Place vegetables in bowl. Mix and pour other ingredients over them. Marinate overnight. These will keep several weeks.

Sue Ridder

DAY-AHEAD POTATOES

8 or 10 lg. potatoes, cooked and mashed with milk
1 (8oz.) carton cream cheese, softened
1 cup sour cream
butter, cheddar cheese *and* paprika, optional

Mix above ingredients and refrigerate overnight in round baking dish. Next day, drizzle with butter. Sprinkle shredded cheddar cheese and paprika over top. Bake at 350° for 1 hour. 8 servings.

Faye Bossert

BLUEBERRY COFFEE CAKE

1/2 cup shortening
1/2 cup sugar
1 egg
2 cup flour
2½ t. baking powder
1/4 t. salt
1/2 cup milk
2 cups canned blueberries (16 oz. can)
1 t. blueberry juice

Topping:
1/2 cup sugar
1/2 cup flour
1/2 t. cinnamon
1/4 cup soft butter

Cream together shortening and sugar. Add well-beaten egg. Mix in remaining ingredients except blueberries. Spread in greased or sprayed 11x7 pan. Sprinkle blueberries over top of batter. Mix topping ingredients and sprinkle over blueberries. Bake at 350° F. for 45 to 50 minutes. Serves 8 to 10.

Sally Smith

CRUNCHY PEA SALAD

1/2 cup Miracle Whip salad dressing
1/4 cup Kraft Zesty Italian dressing
10 oz. pkg. frozen peas, thawed drained
1 cup chopped celery
1 cup peanuts
6 crisply cooked bacon slices, crumbled
1/4 cup chopped red onion

Combine salad dressing and Italian dressing; mix well. Add remaining ingredients. Mix lightly. Chill. Add additional salad dressing just before serving, if desired. Serve in tomatoes; cut into wedges, if desired.

Pat McGraw

BREAKFAST SOUFFLE

12 slices bread, crust removed
6 whole eggs, beaten
2 cup milk
salt *and* pepper
12 slices bacon
8 oz. shredded cheddar cheese

Butter bread on one side. Butter a 9x13 pan. Lay 6 butter-up slices of bread in pan; sprinkle on cheese and crumbled bacon. Add remaining bread, butter side up. Pour egg mixture over bread; refrigerate overnight. Bake 1 hour at 325° or untill eggs are set.

Connie Leahy

BEEF STROGANOFF

1 lb. beef steak, 1/2 inch thick
1/2 cup chopped onions
2 (10 3/4 oz.) cans cream of mushroom soup
1/2 t. paprika
1/2 cup sour cream
16 oz. frozen noodles

Cut beef in very thin strips; roll in flour and cook in hot skillet with margarine and 1/2 cup chopped onions. Then stir in 2 cans of mushroom soup, paprika, sour cream; pour over cooked noodles. Serves 6.

Betty Gabbard

PUDDING SALAD

3 oz. pkg. tapioca pudding
3 oz. pkg. vanilla pudding
3 oz. pkg. gelatin, peach, orange *or* strawberry
10 oz. carton Cool Whip
3 cup boiling water
11 oz. can mandarin oranges or 16 oz. can cut-up peaches, *or* 10 oz. pkg. frozen strawberries

Mix Jell-O, puddings, and boiling water together. Bring to a good boil. Cool thoroughly. Add Cool Whip and strawberries. Put in a 9x13 pan and chill. This is also good with apricots, peaches, raspberries, or any other favorite fruit. (Use same flavored Jell-O as fruit.)

Donna and Roger Romine

CHEESY OVEN FRIES

3 med. potatoes
1/3 cup grated Parmesan cheese
3/4 t. salt
3/4 t. garlic powder
3/4 t. paprika
3 T. oleo, melted

Wash potatoes well and cut into 8 wedges. Set aside. Combine Parmesan cheese and next 3 ingredients, stirring well. Dip potato wedges in melted oleo. Arrange in a single layer in a lightly-greased 15x10x1 pan. Sprinkle cheese mixture over potatoes. Bake at 375° uncovered for 40 minutes or until potatoes are tender and browned. 4 to 6 servings.

Barbara Sterrett

ALMOND BROCCOLI SALAD

4 cup chopped broccoli
2/3 cup sliced almonds
8 strips bacon, cooked and crumbled
1 cup chopped celery
1 cup red grapes
1 cup green grapes
1/2 cup onions, chopped

Dressing:
1 cup mayonnaise (Hellman's)
1/2 cup sugar
2 T. vinegar

Add dressing, onions and almonds just before serving.

Tedda Hach

TURKEY QUICHE

9 inch unbaked pie shell
1 T. butter
2 T. chopped pimento
1 cup shredded cheddar cheese
2 T. yellow dry mustard
1 cup chopped celery
1 cup chopped turkey
1/4 cup mayonnaise
1/2 t. salt
3 eggs, beaten
1 cup milk

Bake pie shell for about 5 minutes. Cook celery in butter until tender; stir in turkey and pimento. Beat eggs and milk; add mayonnaise, mustard and salt, and beat. Mix with turkey mixture and pour in shell. Sprinkle cheese over top, then sprinkle paprika over the cheese. Bake until knife comes out clean (25 to 35 minutes at 375°). Serves 2 to 4.

Millie Hall

HOMEMADE ICE CREAM

6 eggs
dash of salt
1 pt. whipping cream
1/2 t. lemon extract
2 1/4 cup sugar
1 can Pet *or* Carnation milk
1 to 2 T. vanilla
Milk to add to fill line on freezer

Neva Anderson, a former member of this Church, used this recipe always. It is now listed in the Ice House Book as "Band Night Ice Cream" and in "Famous Recipes of Iowa."

Beat eggs with electric mixer until lemony looking. Gradually add sugar and whip until pudding consistency. Add all other ingredients, including some of the milk. Pour into freezer bucket and add additional milk to fill line. Be sure to leave enough space for ice cream to expand. It will. Mmmmmmm! SO GOOD!!! Serves: A one gallon freezer.

Darlene Cannon

CHERRY-TOPPED CHEESE PIE

8 oz. cream cheese
1/2 cup sugar
2 cup thawed Cool Whip
1 unbaked 9-inch graham cracker crust
1 cup canned cherry pie filling

Beat together cream cheese and sugar until creamy. Blend in Cool Whip. Pour into crust. Top with cherry pie filling. Chill at least 3 hours before serving. Serves 8.

Linda Smith

HAWAIIAN CHICKEN

1/4 cup butter, melted
6 oz. can frozen orange-pineapple concentrate
1 t. soy sauce
1 t. ginger
1/2 cup brown sugar
Chicken breasts, *or* 1 whole chicken, cut up

Mix all ingredients (except chicken) for Hawaiian sauce. Salt chicken breasts or whole chicken and bake for 1 1/2 hours at 350°, basting often with sauce. Thicken juice in pan with a little cornstarch and serve over chicken and rice.

Lolita E. Alliss

BANANA SLUSH PUNCH

3 cups sugar
6 cups water
12 oz. frozen orange concentrate
Juice of 2 lemons
(6 to 8 T. ReaLemon)
46 oz. can pineapple juice
5 bananas, mashed well
2 qts. 7-up

Boil sugar and water together 3 minutes. Let cool. Add orange, lemon, pineapple juices and mashed bananas. Freeze.

To serve, let set out 1/2 hour. Put in punch bowl and stir in 7-up. (Can add food coloring to suit occasion. This is a golden color, perfect for 50th Anniversary celebration.) 54 (1/2 cup) servings.

Peg Anders

CINNAMON ROLLS

1/2 pt. whipping cream
1 1/2 cup brown sugar
Cinnamon, about 1 t.
Nuts, about 1 cup
1/2 stick oleo
2 doz. frozen bread dough balls

Grease a 9x13 pan. Pour cream into pan. Sprinkle sugar, cinnamon, and nuts over cream. Melt oleo and pour over. Place dough balls on top. Butter top of balls. Cover with waxed paper and let stand overnight. Bake at 350°F. for 30 minutes.

Sandra Holland

KOREAN SALAD

1 lb. fresh spinach
1 can sliced water chestnuts
1 can drained bean sprouts
3 eggs, hard boiled and chopped
8 strips crumbled bacon

Mix in blender:
3/4 cup sugar
1 cup oil
2 T. Worcestershire sauce
Salt, to taste
1/4 cup vinegar
1/3 cup catsup
1 med. onion, grated

Doris Kelley

HAM BALLS

1 1/2 lbs. ground ham
1 1/2 lbs. ground lean pork
1 cup cracker crumbs
1 cup milk
2 eggs

Sauce:
1/2 cup vinegar
1/2 cup water
1 1/2 cup brown sugar
1 T. dry mustard

Mix together and shape into balls. Place close together in a 9x12 pan and refrigerate. Prepare 1/2 cup vinegar, 1/2 cup water, 1 1/2 cups brown sugar and 1 tablespoon dry mustard. Mix and pour over meatballs. Bake, uncovered, at 350° for 1 1/2 hours.

Dorothy Nelson

BANANA SPLIT CAKE

2 sticks oleo
2 eggs
2 c. powdered sugar
5 diced bananas
16 oz. can crushed pineapple
8 oz. tub Cool Whip
nuts
maraschino cherries

Make a crust of 2 cups graham crackers and 1 stick of oleo, melted. Press into a 9x13 cake pan. Cream 2 sticks of oleo, 2 eggs, and powdered sugar. Beat 15 minutes. Put on top of crust. Add bananas and crushed pineapple. Top with Cool Whip. Sprinkle with nuts and maraschino cherries.

Joann Wahner

PRUNE STRIPS

4 cups unbleached white flour
1 t. salt
1/4 cup sugar
1 cup lard
2 eggs
1 cup scalded milk
1 cake yeast
1/2 cup warm water
1 egg white
3/4 cup brown sugar, optional
10 oz. can prune filling, *or* other filling of your choice

A real Danish treat, this recipe came from a Lodge friend, Lila Oleson, who served it often at Lodge.

Mix like pie crust: First mix flour, salt, sugar and lard, until crumbly. Then add 2 eggs, scalded cooled milk, yeast and water. Refrigerate overnight.

In morning, remove and leave set for about 1/2 hour. Roll out 3 rectangles. Brush surfaces with egg white and sprinkle 1/4 cup brown sugar on each if filling is a little tart.

Sprinkle filling in center of strip and fold sides over. Pinch together at top. Bake at 375°F. for about 20 minutes.

Deanna Juhl

CRANBERRY-NUT COFFEE CAKE

1/4 cup brown sugar
1/2 cup chopped walnuts
1/4 t. cinnamon
2 cups Bisquick baking mix
2 T. granulated sugar
1 egg
2/3 cup water *or* milk
2/3 cup whole cranberry sauce
Confectioners' sugar icing

Heat oven to 400°F. Grease square pan, 9x9x2. Mix brown sugar, walnuts and cinnamon. Combine baking mix, granulated sugar, egg and water; beat vigorously 1/2 minute. Spread in pan; sprinkle with nut mixture. Spoon cranberry sauce over top. Bake 20 to 25 minutes. While warm, spread with confectioners' sugar icing. Serves 9.

Confectioners' Sugar Icing:
1 cup confectioners' sugar
1 T. water
1/2 t. vanilla

Blend confectioners' sugar, vanilla and water.

Pat McGraw

LATTICE TOP CHICKEN

1 - 10¾ oz. can condensed cream of potato soup
1 cup milk
1/2 t. Durkee seasoned salt
2 cups (10 oz.) cubed cooked chicken
1 (2.8 oz.) can French fried onions
1 - 16 oz. bag frozen broccoli, carrots and cauliflower vegetable combination, thawed and drained
1 cup (4 oz.) shredded cheddar cheese
1 pkg. (4 oz.) refrigerator crescent rolls

Combine soup, milk, seasoned salt, chicken, vegetables, 1/2 cup cheese and 1/2 can French fried onions; place in 8x12 baking dish. Bake, covered, at 375° for 20 minutes.

Separate crescent rolls into two rectangles. Press together perforated cuts; cut each rectangle lengthwise into 3 strips. Place strips on casserole to form lattice top. Bake uncovered 15 minutes longer. Top lattice with remaining cheese and onions; bake, uncovered, 3 to 5 minutes, or until onions are golden brown. Serve with salad and hot rolls and you have a company meal.

Darlene Cannon

CREME DE MENTHE CAKE

Bake **1 package white cake mix** as directed *except add* **1/3 cup creme de menthe** liquor. When cool, spread with **14 oz. can of chocolate fudge topping**. Then add **1 T. creme de menthe** to **8 oz. of Cool Whip**. May add a drop of green food coloring. Spread over chocolate layer.

Joann McGlaun

First Church Of The Nazarene

1210 Lone Tree Road
Cedar Falls, Iowa

Past

Present

The Cedar Falls First Church of The Nazarene was organized in 1947. The first service was held by Rev. Bob Swanson in the home of Ralph and Elner Sassaman, Jr. Dr. Remiss Rehfeldt organized the church. Charter members included Ralph and Elner Sassaman, Jr., Ralph and Martha Sassaman, and Paul and Iona Sassaman. Soon after Ralph and Ovella Shafer and Roland and Viola Thompson joined the new congregation. In the years 1947-49, a church building was erected under the direction of the church's first pastor, Rev. G.M. Field. The church grew at that location. During the pastorate of Rev. Oren Baker, a new parsonage was built on a six acre tract of land on W. Lone Tree Road. Soon the growing congregation needed a larger facility in which to worship. A building was begun under the leadership of Rev. E.E. Miller on the Lone Tree site. This building was finished under the leadership of Rev. Ronald Wilson and was dedicated in 1975.

The church has continued to grow until it has become a center of Holiness preaching and teaching in the Cedar Falls community. We want the people of the surrounding communities to know that *"We Care"* about the needs of people and that everyone is welcome to become a part of our church family.

Who Cares . . . . . .
We Do!

INDIVIDUAL CHEESECAKES

3 - 8 oz. Cream Cheese
5 eggs
1 cup sugar
1 t. vanilla extract

Topping:
2 cups sour cream
1/2 t. lemon extract
1/3 cup sugar
1/2 cup strawberry jam

Cream sugar and cream cheese until fluffy. Then beat in the eggs and vanilla. Spoon into paper muffin tins (about 2/3 full) and bake at 300° for 40 minutes. Remove from oven and cool slightly. Frost each cake with the sour cream, mix well with sugar and lemon extract. Return to oven for 5 minutes. Chill thoroughly then top with a thin layer of jam or fresh strawberries. Makes about 20 individual cheese cakes.

Margie Fuller

SLUSH PUNCH

2 lg. pkgs. jello (any flavor)
4 cups sugar
2 cups lemon juice
1 oz. almond extract
4 cups boiling water
2 - 46 oz. cans pineapple juice
9 cups cold water
2 bottles ginger ale

Mix all but ginger ale and freeze. When ready to serve, thaw 4 hours or until slushy. Add the ginger ale and stir well. Serves approximately 75.

Helen Bosley

AEBLSKIVER

2 cups buttermilk
2 eggs
1/2 t. salt
2 T. sugar
2 cups flour
2 t. baking powder
1/2 t. soda
4 T. melted butter

Separate the eggs – beat whites stiff. Mix all the rest of ingredients together, one at a time – beat until smooth. Fold in egg whites last. Put about a tablespoon oil or shortening in each Aeblskiver pan cup and have hot. Pour in about 2 tablespoons butter in each cup. As soon as they get bubbly around edges, turn quickly. Danish cooks like to use a long knitting needle for this. A sharp fork will do. Continue turning; till straw inserted in center of ball comes out clean. Serve with jam, syrup or sugars.

Erlys Jensen

RATAFOUILLE-PASTA GRATINÉE

2 cups each diced eggplant and sliced zucchini
1 cup sliced onions
2 T. tomato paste
1 t. oregano leaves
1/2 t. basil leaves
dash pepper
8 oz. mozzarella cheese shredded
1 1/2 t. salt divided
1 T. plus 1 t. vegetable oil
1 1/2 cup canned Italian Tomatoes (with liquid); drain, seed and dice tomatoes, reserving liquid)
1/2 t. garlic powder
2 cups cooked spaghetti

* (can be made ahead, refrigerate over night, heat in oven at 250°)

Set large colander in sink; add eggplant and zucchini. Sprinkle with 1 t. salt, let stand 30 minutes; rinse with cold water and pat dry with paper towels.

In 12" non stick skillet heat oil over medium heat; add eggplant, zucchini and onion – sauté until tender 1 to 2 minutes. Add tomatoes, liquid, tomato paste, salt (remaining) oregano, basil, garlic powder, pepper and cook, stirring until paste is dissolved – reduce heat and cook 15-20 minutes, stirring occassionally.

On flameproof serving platter arrange spaghetti top with vegetables, mix, sprinkle with cheese – broil 2-3 minutes.

Janet E. Saadian
Weight Watcher Cookbook
by Sandra Williamson

BANANA BREAD

2/3 cup sugar
2 eggs
3 T. sour milk
2 cups sifted flour
1/2 t. soda
1/2 t. salt
1/3 cup soft shortening
1 cup mashed bananas
1 t. baking powder
1/2 cup choc. chips (opt.)
1/2 cup nuts

Mix first sugar, shortening and eggs, add the sour milk and bananas, then add remaining and mix well. Let stand 20 minutes before baking at 350° for 50 to 60 minutes.

Elner Sassaman

RUNZA

1 1/2 lbs. hamburger
1 lg. can of kraut
salt, pepper & garlic powder to taste
Swiss cheese (cut in 1/2)
1 medium onion (diced)
2 loafs of frozen bread dough (thawed)
American cheese (cut in 1/2)

Cook in a large skillet hamburger, onion, salt, pepper and garlic. Cook until brown. Cut loaves into 10 equal portions. Flour board, roll one piece of bread dough into a square, place 1/2 a piece of cheese onto dough, scoop with a slotted spoon the hamburger mixture. Fold the four corners to meet in the middle. Place the Runza in a greased 9x13 pan. Fill pan, let rise until doubled in size. Bake at 350° for 35-40 minutes until golden brown. Brush the tops with butter to help them golden.

Charlotte Heath

RAW APPLE CAKE

1 cup brown sugar
2 eggs
1 t. vanilla
1 t. lemon if desired
1 t. cinnamon
2 cups apples (chopped)
1 cup white sugar
2 1/2 cups flour
1 t. soda
1/2 t. salt
1 cup milk

Cream together brown sugar, soda, salt, cinnamon. Add to sugar mixture with 1 cup milk. Add apples, vanilla and lemon. Pour batter into 9x13 pan (or jelly roll pan). Bake at 350° 45-50 minutes until done – cake will spring back – cut into bars.

Topping:
2/3 cup brown sugar
1/3 cup butter
1 cup coconut
1/2 cup nuts

Melt butter and mix rest of ingredients. Sprinkle over top of cake.

Dana Ainsworth

PUMPKIN COOKIES

1 stick oleo
1 cup pumpkin
1/2 cup nuts
2 cups flour
1 cup brown sugar
1 T. cinnamon
1 t. salt
1 t. vanilla

Mix in order written (left to right). Bake at 325°. (Can put 1/2 cup raisins in mix. Soak in boiling water first.) Bake on greased cookie sheet for 10 minutes. Frost with cream cheese frosting 1 hour before serving.

Jeannie Cochran

FLAKY BISCUITS

2 cups skimmed milk
3 t. baking powder
1/4 t. salt
2 cups flour
1/4 cup vegetable oil

Heat oven to 450°. Mix all dry ingredients. Pour in milk and oil all at once. Stir quick with fork until mixture forms a dough. On a board, kneed about 10 times, pat to the thickness of first thumb joint. Cut and place on ungreased cookie sheet. Bake 10-12 minutes until golden brown.

Pam Edward

CORNBREAD SALAD

1 pan (8x8) cornbread, crumbled
8 radishes, chopped
2 tomatoes chopped
1/4 cup cucumber salad dressing
8 green onions w/ tops, chopped
1/2 green bell pepper chopped
1/4 cup mayonnaise
2 t.. prepared mustard

Combine cornbread, onions, radishes, pepper and tomatoes. Mix mayonnaise, dressing and mustard. Pour over cornbread and vegetables and toss.

Erlys Jenson

CLOVER LEAF BISCUIT

2 cups scalded milk
1 t. salt
2 T. sugar
1 cake yeast dissolved in 1/2 cup warm water
1 T. butter
6-8 cups flour
1 egg

Mix sugar, salt, and shortening in bowl. Add scalded milk and egg. When lukewarm add enough flour for batter. Beat 10 minutes. Add yeast and rest of flour. Mix well, let rise and double in size. Turn out on floured board cut 1/3" thick, roll 3 balls about 1" across. Place together in greased muffin pan. Let rise, bake 350° 15-20 minutes till done.

Betty Hoofnagle

MOLASSES COOKIES

3/4 cup shortening
1/4 cup molasses
2 1/4 cup sifted flour
1/2 t salt
1/4 t. cloves
1 cup brown sugar
1 egg
2 t. baking soda
1/2 t. each ginger, cinnamon

Cream first four ingredients (left to right) till fluffy. Stir dry ingredients into molasses mixture. Form in small balls. Roll in granulated sugar. Cool and remove from pan. Bake 375° for 8 minutes. Makes 5 dozen.

Betty Hoofnagle

PUNCH FOR 100

8 cups sugar
3 - 6 oz. cans frozen lemonade
1 - 46 oz. can unsweetened orange juice
1 - 12 oz. can frozen orange juice
1 - 46 oz. can unsweetened pineapple juice
10 qts. water

Make the basic punch the night before use. It may be colored with paste coloring mixed with sugar. Add 3 large bottles of 7-Up as punch is served.

Elner Sassaman

FRUIT COMPOTE

1 - 3 oz. pkg. lemon gelatin
1 - 20 oz. can pineapple chunks, with juice
1 - 6 oz. can frozen orange juice
1/2 cup fresh strawberries, sliced
1 cup hot water
1 - 11 oz. can mandarin oranges, with juice
3 bananas, sliced

Dissolve gelatin in hot water. Add frozen orange juice and stir well. Add remaining ingredients. Chill several hours or overnight. Gelatin will be of medium consistency not firm. Bananas will not discolor. Serves 12-15.

Elner Sassaman

TACO STIR FRY

1 T. oil
1/4 cup chopped onion
1 cup whole kernel corn, canned or frozen
1/2 t. dried crushed oregano
1/8 t. pepper
1 (9 1/2 oz.) pkg. corn chips
1 avocado, peeled/seeded/sliced
1 lb. ground beef
2 T. chili powder
1 (1 lb) can stewed tomatoes
1 t. sugar
1/4 t. salt
1 cup chopped mild cheddar cheese
2 sm. heads Boston lettuce, shredded

Heat wok, add: beef, onion; drain excess fat. Stir in chili powder, corn, tomatoes, sugar, oregano, salt/pepper.

Bring to a boil. Lower heat. Cover and simmer about 10 minutes.

Stir in cheese and corn chips. Cook-stir until cheese is partially melted. Spoon over shredded lettuce. Garnish with avocado.

Sandra Williamson

GREEN CHILI ENCHILADA CASSEROLE

1 lb. ground beef (browned)
8 oz. sharp cheddar cheese (shredded)
1 large onion (chopped)
corn tortillas

1/2 stick margarine
1/4 cup flour

Stir:
add 2 cups milk
8 oz. cheddar cheese

Stir til melted, add:
7 oz. chopped green chilies

Cook and thicken.

Fill tortillas with meat mixture. Roll and place flap side down. Pour sauce over it. Bake at 350° for 20-25 minutes.

Sandra Williamson

SAUCE FOR BEEF/PORK SPARE RIBS

1 jar (18 oz.) barbecue sauce
2-3 t. horseradish
1/2 cup finely chopped onion
1/2-1 t. minced garlic
1/4 cup worcestershire
2-3 t. hot mustard
1-2 t. brown sugar
1 capful Liquid Smoke

In a clean 1 quart jar, combine all of the above. Let set overnight in refrigerator. When ready to use, brown spare ribs in hot oil on both sides. Place in 9x13 pan. Dump on the sauce. (Don't let them dry out; keep the sauce on them.)

Bake approximately 1 hour at 350° with alot of sauce on them.

Baked beans/corn bread would compliment this recipe. Yum, yum, it's so good.

Herb Bosley

MASHED POTATOES

10 large potatoes (cooked/drained/mashed)

Mix with:

1/2 cup butter or margarine
1 cup milk
1 - 8 oz. pkg. cream cheese (softened)
1 pkg. sour cream mix (I use Hidden Valley dressing mix/dry)

Beat until fluffy. Put in buttered casserole. Refrigerate overnight before baking. Bake 350° for 45 minutes. Can be frozen

Helen Bosley

First Presbyterian Church

902 Main Street
Cedar Falls, Iowa

Left Photo: Presbyterian Church organized in 1855. This was the first church in Cedar Falls.

Bottom Photo: First United Presbyterian Church on 125th Anniversary. Celebration Sunday, May 4, 1980. Built in 1910 with education unit added in 1957.

Past

Present

On March 18, 1855 the Rev. James Phillips met with six Cedar Falls residents in a one-room schoolhouse on the corner of 5th & Main and started the First Presbyterian Church in Cedar Falls. Services were held in several locations until a new church building, the first in Cedar Falls, was erected at 608 Main St. and dedicated on November 2, 1862. It had a pipe organ, the steeple housed a 1,200 lb. bell and cost less than $6,000.

In 1910 a new church building was built at 9th & Main. It had a new pipe organ and stained glass windows. M.N. Dayton had left the church $12,000. On December 11, 1910 the new church was dedicated. Three services were held that day with pledges amounting to an additional $13.000. In 1917 the trustees reported all pledges had been paid.

In 1919 another manse was purchased at 1003 Main St. at a cost of $6,800. The old manse next to the church was now used for Sunday School and organizations. Years later, the old church house was torn down and replaced by a new educational wing. It was dedicated September 19, 1957.

The church sanctuary was remodeled in the early 1960's. Then in 1979 the sanctuary and East Room were completely refurbished at a cost of $185,000. The dedication was held May 4, 1980 as we celebrated our 125th anniversary year.

Time took its toll on the 1910 building. The foundation and mortar began to disintegrate, and an elevator became a necessity. We wanted to stay on Main Street where our roots had always been. It was decided to build a new sanctuary on the south side of the educational wing. This new building cost $1.3 million and was dedicated November 29, 1992.

Our church was organized 140 years ago. We recall our wonderful legacy, but we do not wish to dwell on the "good old days." We appreciate everyone that brought us to where we are today. The challenge is not to live in the past, but to walk into the future with a vision.

To honor their memory, we have selected recipes from those who have served our church in the past.

LIBRARY PASTE

1 cup flour
30 drops oil of cloves
1 qt. water
1 cup sugar
1 T. powdered alum

Use just enough of the water to mix the flour, sugar, and alum, then add balance of water (boiling) and the cloves oil and cook till clear.

Bertha Paul 1885-1965
Mother of Verna Mae Prochaska
and Mother-in-law of Marian Paul

DANISH STUFFED CABBAGE (FILDT VICOL)

1 head of cabbage
white sauce
meat loaf mixture
boiled potatoes

Slice off bottom of one head of cabbage to make it sit flat while cooking. Also, slice off the top as though you were making a jack o'lantern from pumpkin. Remove enough of the inside to leave walls at least one inch thick. Fill with your usual meat loaf mixture. Tie string around the whole head to hold it together. Cover with water to cook 1 1/2 hours until cabbage is tender. Slice the cabbage so each serving is a ring of cabbage and a slice of meat loaf. Cover each serving with white sauce. Serve with boiled potatoes and fruit salad.

Bernice Johnson 1895-1965
Mother of Patty Johnson Cormaney

ENGLISH PASTRIES (Recipe brought from England in 1860s)

pie crust for double crust pie
thinly sliced or grated carrot
3/4 lb. cubed lean beef
salt & pepper to taste
sliced raw potato
1/2 cup chopped onion
3 T. water

Put crust in pie tin. Slice potatoes to make 1/2" thick layer in the bottom. Add a layer of carrots and onions. Add cubed meat to cover the vegetables. Add salt and pepper and dot with butter. Pour the water over all. Put top crust on and pinch sides so they stand up to hold juices. Cut 6-8 air holes in top crust. Bake. You may make individual ones by using one pie crust for each. Put ingredients on 1/2 and fold over other half and pinch tightly. Put 2 T. of water in each. Put the initial of each person served on top for air holes.

Elizabeth Sloan 1905-1994
Mother of Eulah Wyckoff

DATE DROP COOKIES

2 cups flour
3/4 t. salt
1/2 t. cloves
1 1/2 cups chopped dates
2 eggs
1/2 cup melted butter
1 cup sugar
1 t. cinnamon
1 t. soda
1/2 cup chopped nuts
4 T. water

Combine flour, sugar, salt, spices, soda, dates, and nuts. Beat the eggs with the water and butter. Mix altogether. Drop on greased cookie sheet and bake at 400°.

Clare Berg 1902-1978
Mother of Bob Berg

WHITE FUDGE

2 1/4 cups white sugar
1/4 cup milk
1 T. light corn syrup
2 t. vanilla
1/3 cup quartered candied cherries
1/2 cup sour cream
2 T. butter
1/4 t. salt
1 cup walnuts, coarsely chopped

Combine sugar, sour cream, milk, butter, corn syrup and salt in heavy 2 qt. saucepan. Stir over moderate heat until sugar dissolves and mixture reaches a boil. Boil 9-10 minutes to 238° (soft ball). Remove from heat and let stand til lukewarm 110°) about 1 hr. Add vanilla and beat mixture till it loses its gloss (very little beating). Quickly stir in nuts and cherries and turn into greased pan. Let stand till firm before cutting. Makes 1 1/2 pounds.

Lulu Galloway 1883-1974
Mother-in-law of Everett Simpson

ESCALLOPED CHICKEN

1 qt. coarsely cubed, stewed chicken
4 T. flour
1 1/2 qt. bread cut in 1/2" cubes
1/4 cup cream or chicken stock
2 T. chopped onion or chives
1 qt. broth, free from fat
4 T. chicken fat
1 1/4 t. sage
3/4 t. salt

Make a gravy of the broth, flour, and chicken fat. Make dressing of bread cubes, sage, cream, salt, and onion. In a 9x13 greased pan put the pieces of chicken. Cover with dressing. Pour gravy evenly on top. Bake 25-35 minutes in 350° oven. Cut in squares and garnish each serving with parsley and chopped green peppers.

Meta Lund 1891-1968
Mother of Howard Lund

ITALIAN SPAGHETTI

1 box spaghetti, cooked & drained
1/4 cup olive oil
1 small can mushrooms
1 qt. tomatoes
salt and pepper
1 lb. hamburger
1 green pepper chopped
1 can tomato paste
garlic salt to taste

Put olive oil in fry pan. Cook hamburger in oil stirring with a fork to separate hamburger. Add green pepper and cook. Add the rest of the ingredients and bake one hour.

Hazel Handsaker Showers 1898-1968
Mother of Lucille Arends

PRUNE BAVARIAN

1 pkg. lemon gelatin
1 cup cold water
1 cup whipping cream
1 cup boiling water
1 cup cooked prunes

Dissolve the gelatin in the boiling water. Add the cold water and mix thoroughly. Cool until partially set. Beat until light and fluffy. Add the prunes. Fold in stiffly beaten whipped cream. Pour into a mold or serving dishes. Chill.

Anna Mitchell 1893-1980
Grandmother of Ron Henry

ENGLISH APPLE PIE

1 egg beaten
1/2 cup flour
1/4 t. salt
1 1/2 -2 cups chopped apples
3/4 cup sugar
1 t. baking powder
1/2 t. vanilla
1/2 cup chopped nuts

Mix all the ingredients and pour into well-greased 8" pie pan. Bake 25 minutes in 350° oven. Serve with whipped cream or ice cream.

Edyth Berg 1890-1984
Mother of Phil Berg

RICH CHOCOLATE SAUCE

2 oz. chocolate
1/2 cup sugar
3 T. butter
6 T. water
dash salt
1/4 t. vanilla

Cook the chocolate and water over low heat stirring until blended. Add sugar and salt and cook till sugar is dissolved, stirring constantly. Cook till mixture is slightly thickened. Remove from heat and stir in butter and vanilla. Cool and serve over ice cream or cake.

Connie Lynch 1905-1978
Mother of Dick Lynch

SALMON SOUP

1 - 14 oz. can salmon
1/4 cup butter
3 or 4 cups milk

Heat on stove but do not boil. Let stand for at least one hour to improve the flavor. Serve with saltine crackers.

Grace Arends 1891-1984
Mother of Grant Arends

MAHOGANY CAKE WITH TOPPING

Cake:

1 cup liquid coffee
2/3 cup shortening
2 eggs, slightly beaten
2 t. baking powder
1 t. soda
2/3 cup cocoa
1 2/3 cups sugar
2 cups flour
2/3 cup liquid coffee

Topping:

1 cup sugar
4 T. cocoa
1 T. oleo
4 T. flour
1 cup water
1 t. vanilla

Mix the 1 cup coffee with cocoa and bring to a boil. Add sugar and shortening. Mix well and cool. Add the eggs, flour and baking powder. Last dissolve the soda in 2/3 cup coffee and add to mixture. Batter will be thin. Pour in greased and floured 9x13 pan. Bake at 350° for 30-35 minutes.

Boil topping ingredients until thick, stirring constantly. Spread over the cake. Then spread on that a can of crushed pineapple very well drained. Then on top of that spread on white seven-minute or boiled frosting. A very moist cake/dessert.

Betty Auld 1892-1979
Mother of Virginia Seeley

CREAMY PEANUT BUTTER FUDGE

2 cups white sugar
1 cup heavy cream
1/4 t. salt
1 1/2 t vanilla
1 cup brown sugar
3 T. light corn syrup
1/3 cup creamy peanut butter
peanuts (optional)

In heavy saucepan mix the sugars, cream, corn syrup and salt. Boil to soft-ball stage (238°). Cool to lukewarm and add peanut butter and vanilla. Beat til stiffens. Add peanuts if desired. Spread in lightly greased pan.

Virginia Simpson 1908-1994
Wife of Everett Simpson

WALNUT SLICES

1/2 cup butter
2 T. white sugar
1 1/2 cups brown sugar
2 T. flour
1/2 t. salt
1 t. vanilla
1 cup flour
1/2 cup coconut
1 cup chopped nuts
1/4 t. baking powder
2 eggs

Frosting:
1 1/2 cups powdered sugar
3 T. orange juice
2 T. butter
1 T. lemon juice

Mix butter, flour and white sugar. Pack in 9x10 greased pan and bake in 350° oven for 12-15 minutes. Combine the coconut, brown sugar, chopped nuts, flour, baking powder and salt. Stir in beaten egg yolks and vanilla. Fold in beaten egg whites. Pour over baked crust and bake 20-30 minutes more in 350° oven.

Frosting – Combine all the ingredients and beat till smooth. Pour over baked product while still warm.

Edna Lynch 1876-1964
Grandmother of Dick Lynch

PECAN DROPS

1 cup pecans coarsely chopped
1 cup powdered sugar
2 t. vanilla
1 cup + 2 T. butter
2 1/2 cups cake flour

Cream together the butter and sugar. Stir in the flour and mix well. Add the pecans and vanilla. Drop by small teaspoonful on ungreased cookie sheet. Bake 15-20 minutes in 325° oven.

Vera Miller 1906-1990
Mother of John Miller

CARROT OR SUET PUDDING

1 cup ground suet
1 cup ground carrots
1 cup ground potatoes
1 cup ground raisins
1 cup ground apples
1 cup ground nuts
2 cups flour
No other moisture needed
1 cup sugar
1 t. soda
1 t. salt
1/2 t. cinnamon
1/4 t. allspice
1/4 t. nutmeg
1/2 t. cloves

Mix all the ingredients well. Steam for 3 hours. Serve with a warm sauce.

Nina Weisbard 1876-1974
Mother of Hazel Cook Coffin

CRISP OATMEAL COOKIES

1/2 cup margarine
1/2 cup crisco
1 cup white sugar
1 cup brown sugar
2 eggs well beaten
1 t. vanilla
1½ cups flour
1 t. soda
1 t. salt
3 cups oatmeal
1 cup coconut
1/2 cup chopped nuts

Cream the shortenings and sugars. Add the eggs and vanilla. Add the flour, soda, and salt and mix well. Stir in the oatmeal, coconut and nuts. Roll in balls and dip in sugar. Bake on ungreased cookie sheets 12-15 minutes in 375° oven.

Gladys Nelson 1905-1989
Mother of Berdena Beach

PINEAPPLE DESSERT

1 13 to 16 oz. can pineapple tidbits, drained
1/2 cup English walnuts
2 or 3 T. sugar
1 can Royal Ann Cherries, drained
1 cup mini-marshmallows
3 eggs, separated
2 T. cornstarch

Drain the fruit thoroughly. In a saucepan combine fruit juice, sugar, cornstarch and yolks of the 3 eggs beaten well. Heat slowly till mixture thickens. Set aside. Beat until stiff the 3 egg whites. Fold into thickened juice and pour over fruit, nuts, and marshmallows. Chill.

Kathryn Isley 1896-1986
Mother of George Isley

STRAWBERRY DESSERT

1 - 10 oz. pkg. frozen strawberries
1/2 cup butter
1/4 cup brown sugar
2 egg whites
1 pkg. Dream Whip prepared
1 cup flour
1/2 cup chopped pecans
1 cup white sugar
2 T. lemon juice

Mix flour, butter, pecans and brown sugar. Spread on a cookie sheet and bake 10 minutes in 325° oven stirring occasionally. Cool and crumble fine. Spread most of crumb mixtrue in 9x13 pan saving some for the topping. With mixer on low speed mix the white sugar, egg whites, lemon juice and strawberries for 15 minutes. Fold in Dream Whip (or Cool Whip). Spread over crumb mixture. Top with remaining crumbs. Freeze.

Verle Hidore 1905-1991
Mother of Shirley Anderson
and Bonnie Smith

CRANBERRY FLUFF SALAD

1 - 3 oz. pkg. any red jello
1 lb. ground raw cranberries
1/2 cup English walnuts chopped
1 cup sugar
1 1/2 cups boiling water
1 cup crushed pineapple, well drained
16 marshmallows cut in 8 pieces
1 cup Cool Whip

Mix jello with boiling water and cool until it starts to thicken. Grind cranberries finely and combine with chopped nuts and marshmallows. Add the pineapple and sugar. Lastly fold in the thickened jello and the Cool Whip. Cover and refrigerate. This serves 14 (1/2 cup) servings.

Elesa Holmes 1899-1994
Mother of Lola Holmes

First United Methodist Church

723 Washington Street
Cedar Falls, Iowa

Past

Present

In 1851, three years after the settlement of Sturgis Falls had officially become "Cedar Falls," a Methodist circuit-rider named Asbury Collins made our community one of his stops. From that initial visit a small group of Methodists began to gather for worship. In 1853 Solomon W. Ingham, Sr. was sent to begin a preaching station. This has been chosen as the beginning date of the present First United Methodist Church.

The "first" Methodist Church in Cedar Falls was built in 1860 on what is now the corner of 6th and Clay. It was a little frame structure and Cedar Falls numbered about 1600 population. In four years the congregation outgrew this church and built a much larger brick church at 7th and Washington. Leaders for the building of the church included "Uncle Sammy" Round and Chester Sawyer. This building served the congregation well until, in 1893, it was decided to again build a new church.

Our present church was completed 100 years ago and was dedicated on September 8, 1895. An education addition was added in 1913 and served the congregation until it was replaced in 1961. The sanctuary of the church was renovated in 1973 and has undergone some minor renovation since that time. In 1985 work was started to make the church handicapped accessible. An elevator was added and restrooms were altered to accommodate wheelchairs. A new Cassavant organ replaced one that had served our congregation for over 50 years.

In 1995 the congregation is looking forward to another addition that will add a multi-purpose room, new kitchen, chapel, library and additional classrooms. Our church is preparing itself for ministry into the next century.

Three words have been vital to the life and ministry of our church. They are *family, mission,* and *community.* All ages and stages of life are vital to the church, especially our work with families. We seek to send as much to missions as we spend on our own programming. We are also here to serve the needs of the community as well as our own congregation. First United Methodist Church and Cedar Falls have grown together.

PEAR SALAD

1 No. 2½ can pear halves
1 - 8 oz. pkg. Philadelphia cream cheese
1 - 3 oz. pkg. lime jello
1/2 pint whipped cream
2 T. cream

Drain pears. Bring to boil 1 cup pear juice (add water if needed). Add lime jello. Let cool until slightly set. Whip. Add 2 T. cream to cream cheese and whip in mashed pears. Whip cream and fold all ingredients together. Chill several hours in 2 quart mold. Serves 6 to 8.

Wanda Anderson

CHOCOLATE CHERRY BARS

Bars:
1 pkg. chocolate cake mix
1 t. vanilla
21 oz. can cherry pie filling
2 eggs, beaten

Frosting:
1 cup sugar
1/3 cup milk
5 T. margarine
1 cup chocolate chips

Bars: Preheat oven to 350°. Grease and flour jelly roll pan. In large bowl combine basic ingredients and stir by hand until well mixed. Pour in pan and bake 20 to 30 minutes.

Frosting: In small saucepan combine sugar, margarine and milk. Boil and stir constantly one minute. Remove from heat and stir in chocolate chips until smooth. Pour over warm bars and spread.

Margery Andrew

VEGETABLE CASSEROLE

1 can (15 oz.) cut green beans, drained or 2 cups frozen cut green beans
1 can (10¾ oz.) condensed cream of celery soup, undiluted
1/2 cup chopped onion
3/4 cup saltine crumbs
1 can (15 oz.) whole kernel corn, drained or 2 cups cooked fresh or frozen whole kernel corn
1/2 cup sour cream
1/2 cup shredded cheddar cheese
1/4 cup butter or margarine, melted
1/4 cup sliced almonds, toasted

In a bowl, combine beans, corn, soup, sour cream, cheese and onion. Pour in an ungreased 2 qt. baking dish. Combine butter, crumbs and almonds. Sprinkle over vegetables. Bake, uncovered at 350° for 35 or 40 minutes or until bubbly. 6 to 8 servings.

Caroline Armstrong

RHUBARB COFFEE CAKE

1/2 cup margarine
1 egg
2 cups flour
1 cup buttermilk
1 1/2 cup sugar
1 t. vanilla
1 t. soda
2 cups rhubarb (cut fine)

Topping:
1/2 cup brown sugar
2 T. flour
2 T. butter
1 t. cinnamon

Cream margarine and sugar; add egg and vanilla. Sift flour and soda together. Add to sugar mixture alternating with the buttermilk. Fold in rhubarb. Pour into 9x13 pan. Mix topping ingredients and crumble on top of coffee cake mixture. Bake 1 hour at 350°.

Margaret Baker

RHUBARB CREAM PIE

1 - 9" unbaked pie shell
1/4 cup all-purpose flour
3 eggs, slightly beaten
1/2 cup all-purpose flour
1/4 cup sugar, granulated
1 1/2 cup sugar, granulated
3/4 t. nutmeg
4 cups sliced fresh rhubarb or frozen rhubarb, thawed and drained
1/3 cup butter

In large mixing bowl, stir together the 1 1/2 cups sugar, 1/4 cup flour and nutmeg. Add eggs and blend well. Fold in rhubarb. Turn mixture into unbaked pie shell. In small bowl combine 1/2 cup flour and 1/4 cup sugar. Cut in butter until mixture resembles course crumbs. Sprinkle over the top of the pie. Cover edge of crust with foil to prevent over browning. Bake in 400° oven for 20 minutes. Remove foil; bake 20 minutes or more or until topping is golden.

Maxine Fitkin

TACO DIP

3 oz. pkg. cream cheese, softened
1 pkg. (1 1/4 oz.) taco seasoning
1 cup chopped lettuce
(Ortega dry mix) (or less to taste)
1/4-1/2 cup sliced ripe olives
8 oz. container of sour cream (lite is ok)
1 or 2 diced tomatoes
6-8 oz. grated cheddar cheese

Mix with mixer: cream cheese, sour cream and taco seasoning. Spread onto a plate, big pie pan or small pizza pan. Place lettuce, tomatoes and cheddar cheese on top. Sprinkle sliced ripe olives over this layer. Use knife to spread on taco chips or large frito chips. Serves 6 to 8.

Lois M. Hansen

BARBEQUED CHICKEN WINGS (Appetizer)

1 lb. brown sugar (2 1/4 cups)
4 lbs. chicken wings (cut into 3 pieces with tips discarded)
5 oz. soy sauce

Mix brown sugar with soy sauce. Pour over chicken wings. Bake 300° for 2 hours. Turn two or three times.

Pat Hansen

HAM QUICHE

9 inch unbaked pie shell
1/4 cup thinly sliced green onions
1 cup milk
1/4 t. salt
1/2 t. dry mustard
1 1/2 cups chopped cooked ham
8 oz. cream cheese
4 eggs, slightly beaten
dash of pepper
paprika

Sprinkle ham and onions over bottom of pastry shell. Heat milk and cream cheese over low heat, stirring until smooth. Remove from heat and gradually stir into eggs. Add salt, pepper and mustard. Mix well. Pour into pastry shell. Sprinkle with paprika. Bake at 450° for 10 minutes. Reduce heat to 350° and continue baking 40 minutes more or until knife near center comes out clean. Remove from oven – let stand 10 minutes. Cut into wedges and serve warm. 6 servings.

Wilma Hansen

SEAFOOD TETRAZZINI

2 chicken bouillon cubes
1 - 10 3/4 oz. can cream of mushroom soup
salt
1 t. instant minced onion
13 oz. imitation crab meat
1/2 cup grated cheese
8 oz. pkg. spaghetti
1 1/2 cup sour cream
1 cup cottage cheese
pepper
1 cup cooked shrimp
1 - 4 1/2 oz. can mushrooms & pieces
buttered bread crumbs

Dissolve bouillon cubes in 21/2 cups boiling water. Add spaghetti, broken into pieces, and cook until done. Drain. Combine balance of ingredients, except cheese and bread crumbs, and add to above. Put in 9x13 pan. Top with cheese and buttered bread crumbs. Bake, uncovered for 45 minutes at 350°.

Myrna Jennett

SEAFOOD NEWBERG

1/2 cup butter
1 t. salt
1/4 t. white pepper
1 1/2 cup half and half cream
1/2 lb. fresh mushrooms, sliced
1 T. minced parsley
1-1 1/2 cups grated cheddar cheese
5 T. flour
1/4 t. dry mustard
dash cayenne
2 green onions, minced
1/2 cup dry white wine or sherry
3 egg yolks, slightly beaten
1 1/2-2 lbs. seafood, cooked (2 pkg. crab and 1 pkg. shrimp is nice)

Sauté onions and mushrooms in 1/4 cup butter until light in color; drain and blot. Melt 1/4 cup butter in medium saucepan. Stir in flour, salt, mustard, pepper, and cayenne. Whisk in cream and stir until thick. Add wine. Stir in a small amount of sauce quickly into egg yolks. Then mix egg yolk mixture into white sauce. Add parsley, mushrooms and onions. Cook on low for 5 minutes. Add cheese and cook until melted. Cool slightly before adding seafood. Serve over rice or toast points. Also can divide mixture among 6-8 buttered scallop shells, bake these at 350° for 15 minutes. Sprinkle shells with a little parmesan cheese.

Cynthia Kenyon

LEMON MERINGUE PIE

1 cup sugar
1 1/2 cup hot water
2 T. margarine
1/2 t. grated lemon peel
3 1/2 T. corn starch
3 slightly beaten egg yolks
1/3 cup lemon juice
9" baked, cooled pastry shell

Meringue:
3 egg whites
1/4 t. cream of tartar
1/2 t. vanilla
6 T. sugar

Mix sugar and cornstarch in sauce pan. Gradually add hot water. Stir constantly over moderate heat and bring to boil. Boil about 4 minutes. Remove from heat. Stir a moderate amount of hot mixture into beaten egg yolks. Return to balance of hot mixture. Bring to boil again and cook 4 more minutes. (Don't boil hard). Remove from heat. Put in margarine, lemon juice and grated lemon peel. Pour in baked, cooled pastry shell.

Meringue:

Beat egg whites with vanilla and cream of tartar. Beat to soft peaks. Gradually add sugar until stiff, glossy peaks form. Spread meringue over hot filling, sealing to edge of pastry. Bake 350° 12-15 minutes. Cool.

Frances Kuehl

FUDGE CUP CAKES

4 squares semi-sweet chocolate
1/4 t. butter seasoning
1 3/4 cup sugar
1 t. vanilla
2 sticks margarine
1 cup flour
4 large eggs (beaten)
1 1/2 cups broken pecans

Melt margarine and chocolate (low heat). Sift flour and sugar together (twice). Stir flour mixture, eggs, and flavorings into chocolate mixture. (Do not use mixer). Fold in pecans. Bake in foil liners in muffin pans. 325° for 35 minutes. Serves 18.

Donabel Levett

PECAN COFFEECAKE

1 cup oil
2 eggs, beaten
3 cups flour
1 t. vanilla
1 cup sugar
3 t. baking powder
1 cup milk

Filling:
1 1/2 cups brown sugar
2 t. cinnamon
1 cup chopped pecans
1/2 cup butter, melted

Cream shortening and sugar. Add beaten eggs. Add sifted dry ingredients alternately with milk. Add vanilla. Spread 1/2 mixture in greased 9x13 pan. Mix brown sugar, cinnamon and pecans and sprinkle 1/2 over batter. Repeat layers. Pour melted butter over top. Bake 375° for 30 minutes.

Naomi McElhinney

HONEY WHEAT RAISIN BREAD (Bread Machine 1 1/2 lb. loaf)

1 1/4 cup water
2 T. honey
3/4 cup wholewheat flour
1 t. cinnamon
2 1/2 t. yeast
2 T. oil
2 1/2 cup flour
3 T. powdered milk
1 1/2 t. salt
3/4 cup raisins - divided

Measure ingredients carefully and add to container in order given. Put 1/2 raisins at the start, then add the remainder at the start of the 2nd knead cycle.

Cheryl Neill

BROCCOLI-CORN CASSEROLE

2 pkg. broccoli (chopped) thawed and drained
2 cans creamed corn
cheese slices
crushed cracker crumbs

Layer in pan: broccoli on bottom, cheese slices, crumbs to cover cheese, creamed corn on top. Dot with butter. (Can be made ahead of time.) Bake at 325° for 45 minutes to 1 hour.

Linda Pattee

SUGAR-CRUSTED PARSNIPS

1 lb. parsnips
1 T. brown sugar
1/4 t. salt
2 T. butter or margarine
dash of grated nutmeg
1/4 t. pepper

Wash the parsnips (scrape). Cut into strips. Cover and cook in a small amount of water – 5 minutes or until tender; drain well. Melt butter in a large skillet; add brown sugar; stir until blended. Add parsnips; cook over medium heat about 2 minutes, stirring until parsnips are glazed. Add remaining ingredients. Yields 4 servings. (My favorite vegetable.)

Mabel Prior

WALDORF (RED) CAKE

1/2 cup shortening
2 eggs
2 oz. red food coloring or 1 oz. coloring and 1 oz. water - rinse bottle
1 t. vanilla
1 t. vinegar (add to soda)
1 1/2 cups sugar
2 t. cocoa
1 cup buttermilk
1 t. salt
2 1/4 cup cake flour (sifted)
1 t. soda

Filling and frosting:
3 T. flour
1 cup sugar
1 cup butter
1 cup milk
1 t. vanilla

Cream shortening, sugar, and eggs. Make paste of food coloring and cocoa. Add to mixture above. Add buttermilk and salt alternately with flour. Add soda and vinegar which have been mixed together. Add vanilla. Bake at 350° for 30 minutes in 2 (9" or 8") layer cake pans which have been lined (bottom only of pan) with wax paper and then greased and floured.

Filling and frosting:

Cook milk and flour until thick. Cool – not until solid. Cream sugar, vanilla and butter until fluffy. Blend cooked flour and milk into creamed mixture. Split or cut each layer into two layers. Put frosting over each layer and cover entire cake. Cake should be kept cool. Freezes well. Great for Christmas, Valentines Day, and 4th of July.

Nancy Redfern

KEITH'S FAVORITE BANANA PIE

2/3 cup sugar
1/4 t. salt
1 cup evaporated milk
1½ t. vanilla
3 T. cornstarch
3 egg yolks
1 cup water
3 or 4 large bananas

Meringue:
3 egg whites
1/4 t. cream of tarter
1/2 t. vanilla
6 T. sugar

Combine sugar, cornstarch, salt and egg yolks in heavy sauce pan. Combine milk, water, and vanilla. Then add to the first mixture. Cook over medium heat until thick. Cover and let cool. Slice bananas into a 9" or 10" baked pie shell. Cover with cooked, cooled cream mixture.

Meringue:

Beat egg whites with vanilla and cream of tarter. Beat to soft peaks. Gradually add sugar until stiff, glossy peaks form. Spread meringue over top of cream mixture, sealing to edge of pastry. Bake 350° 12-15 minutes or until brown. Cool.

Evelyn Scott

CHICKEN CASSEROLE

3 to 4 cups cooked, cut up chicken
1 cup chicken broth
2 well beaten eggs
1 stick margarine
8 slices white bread, cubed
2 cans chicken noodle soup
1 can cream mushroom soup
20 ritz type crackers, crushed

Combine mushroom soup, beaten eggs, chicken broth and noodle soup. Add cubed bread and chicken and all but 2 T. of melted margarine. Blend and pour into a greased 9x13 pan. Refrigerate over night. Mix crushed crackers with 2 T. melted margarine. Sprinkle over casserole and bake 1 hour at 350°.

Margery Standley

GREAT CABBAGE SALAD

1/2 head cabbage (chop coarsely)
1/4 cup vegetable oil
3 T. sugar
1 t. Accent
1 pkg. ramen noodles (crushed)
3-4 green onions
2 t. pepper
1/4 cup cider vinegar
1-2 T. sesame seeds
1 pkg. slivered almonds

Mix oil, pepper, sugar, vinegar, Accent, and season pkg. from ramen oriental flavor noodles. Pour over cabbage and onions. Sauté sesame seeds, noodles and almonds. Cool. Add to cabbage mixture just before serving. (I usually double this recipe to start with!

Mary O. Strohbehn

LIKE BISHOP'S CHOCOLATE PIE

1 - 3 1/2 oz. pkg. instant chocolate pudding mix
1 1/2 cup milk
whipped cream, for topping
1 - 3 1/2 oz. pkg. instant vanilla pudding mix
1 pint vanilla ice cream
chocolate shavings, for garnish

Graham Cracker Crust:
18 graham cracker squares
6 T. melted butter or margarine
1/4 cup sugar

Make graham cracker crust first. Mix graham crackers, sugar and melted butter together. Press into 8" or 9" pie plate. Chill in refrigerator for 45 minutes. Put chocolate and vanilla pudding mixes and milk in bowl. Stir until thoroughly dissolved. Add vanilla ice cream and stir in mixer until completely mixed. Pour into graham cracker crust. Put in refrigerator. Top with whipped cream or cool whip. Garnish with chocolate shavings.

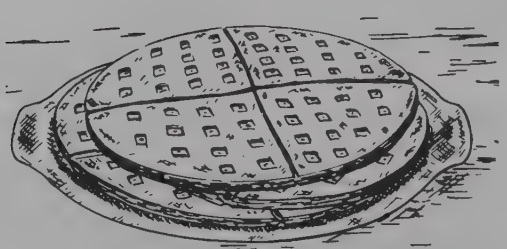
Ruth A. Van Syoc (Mrs. Wendell)

SEAFOOD PASTA SALAD

1 - 16 oz. pkg. colored spiral shaped pasta, cooked and drained
1 pkg. frozen shrimp
1 large onion - diced
1 small jar pimentoes
2 T. grated romano cheese
1 can crab meat
1 can tuna
1 large tomato - cut into pieces
1 green pepper - diced
pepper to taste
1 - 16 oz. bottle creamy Italian salad dressing

Combine all ingredients and chill.

Polly Parks Waseskuk



Glad Tidings Assembly of God

4421 Hudson Road
Cedar Falls, Iowa

Past

Present

"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." – John 3:16

This Word of God was enlightened to Rev. Gladys Gulsvig, while seeking the Lord for a dwelling place to gather the people. A building across from Island Park in Cedar Falls was rented and a sanctuary was established, known as Glad Tidings Assembly of God Tabernacle on July 8, 1951.

By the following summer of 1952, a bus was purchased to transport children. An evangelism team of sixteen people, shared the love of Jesus in the community. Souls were water baptized in the Cedar River. In the spring of 1961, a flood swept away much of the property forcing the church to relocate.

A new one-level church was built at 2727 West 4th St., Cedar Falls. Attendance grew from 35 to 150 people, "crowding out" the building. Ten acres of land was purchased at 4421 Hudson Road to construct a two-level building, which was dedicated in 1977. Presently, this is our fellowship hall, known as "Schwarze Hall," in honor of Walter and Esther Schwarze for faithful perseverance.

In 1984, an addition was constructed, which is our present sanctuary. Rev. Kyle Anderson is our senior pastor at Glad Tidings Assembly of God. As the church sign indicates, "The Family Center," every endeavor remains to spread the gospel of hope to every member of every family in our community and support missions both here and abroad.

CHEF'S CASSEROLE

2 lbs. ground beef
1 package noodles
2 (#2) cans tomatoes
2 cups ripe olives, coarsely chopped
1/2 t. pepper
1/2 cup chopped onion
2 cans mushrooms
2 cans tomatoe sauce
1 1/2 t. salt
1/2 lb. American cheese, diced

Brown beef and onion in small amount of fat. Cook noodles until tender. Combine all ingredients and place in casserole. Bake at 325° for 1 hour. May be frozen ahead.

Marjorie Applegate

SEVEN SEAS CASSEROLE

1 can cream of celery soup
1 1/3 cup water
1 can peas
pinch of black pepper
1 1/3 cup minute rice
1 large can of tuna
1/2 onion, diced
Velveeta cheese

Heat soup, water, onion and pepper till comes to a boil. Pour half of soup in a casserole dish, half of rice on top, half of peas, half of tuna. Repeat layers. Top with sliced velveeta cheese. Bake at 350° for 20-25 minutes.

Jill Johnson

CHICKEN ROSEMARY

8 chicken breasts, halved, boned
1/4 cup soy sauce
1/4 heaping cup brown sugar
1 t. salt
1 - 16 oz. bottle Italian Salad dressing
1/4 cup worcestershire sauce
2 t. rosemary
1 t. pepper

Place chicken breasts in a deep bowl. Mix remaining ingredients together, stirring well. Pour marinade over chicken. Cover bowl and refrigerate 8 hours or overnight. Cook chicken over charcoal fire. Brush with marinade during cooking. Cook until done.

Linda McKinney

CHINESE NOODLE CHICKEN

2 cups celery - diced
1/4 cup parsley
1 can water chestnuts
1 can sliced mushrooms
1 cup minced onion
3 cups diced, cooked chicken
2 small cans (or 5 oz.) chinese noodles
1 can mushroom soup diluted with 1 can of evaporated milk

Sauté in butter the celery, onion, and parsley. Then mix with the remaining ingredients and put in a greased casserole dish. Sprinkle with paprika and chinese noodles (or almonds). Serves 12. 9x13 pan or casserole dish. 350° for 30 minutes.

Doris Wise

FARMERS DELIGHT

1 1/2 lb. ground beef
1 can chicken-rice soup
1 pk. (8 oz.) noodles
1/4 cup chopped onion
1 can cream style corn
1 can cream mushroom soup
salt & pepper

Boil noodles until tender. Brown ground beef with 1/4 cup onion. Add the remaining ingredients to the noodles and ground beef, put in a 9x13 cake pan. Bake at 350° for 35-40 minutes. Also good with crushed potato chips spread on top or some shredded cheddar cheese.

Jan Kyhl

ENCHILADA PIE

2 cups (or 1lb.) ground beef, browned & drained

Filling:
1 cup sour cream
6-8 corn (or flour) tortillas
1 10 oz. can enchilada sauce
1/2 t. salt
2 cups grated cheddar cheese

Dip tortillas into enchilada sauce. Place 1 tortilla in 1 1/2 qt. casserole. Top with 3-4 T. filling; sprinkle with cheese. Repeat layers alternating remaining tortillas, filling and cheese. Before adding last layer of cheese, pour remaining enchilada sauce over all. Top with cheese. Bake 350° for 40 minutes.

Cheryl Anderson

SALAD BOWL POT ROAST

3-5 lb. beef Blade Roast
2 T. flour
2 T. salt
1/4 t. pepper
2 T. fat
1/4 t. dry mustard
1/4 cup water
1 T. vinegar
2 bunches radishes
2 cups 1" pieces celery
1 lg. onion sliced
flour for gravy

Dredge meat in flour mixed with salt and pepper. Brown in fat in large skillet or Dutch oven. Pour off drippings. Combine mustard and water. Pour over meat. Cover tightly and bake slowly for 1 1/2-2 hours, depending on thickness of roast. Stir vinegar in pan liquid, add radishes, celery and onion. Cover and bake slowly for 45 minutes or until done. Remove meat and vegetables and thicken liquid for gravy. Bake at 325°. 3 hours.

Fannie Corwin

FROZEN FRUIT CUP

1 - 6 oz. can frozen lemonade
3 bananas, mashed
1/2 jar maraschino cherries, cut up
1 - 6 oz. can frozen orange juice
1 lg. can crushed pineapple
3 cups water
1 1/2 cups sugar

Mix and freeze in paper lined muffin cups or small clear plastic cups or glass containers. Remove 1/2 hour before serving. Makes 14-20 servings. Great for brunch.

Shelly Dubes

JOES'S COLESLAW

1 head cabbage, chopped, not too fine
1 chopped cucumber
2 lg. dill pickles, chopped
2 chopped tomatoes
1 chopped green pepper
1 chopped small red onion
1 jar (12 oz.) Marvetti slaw dressing

Mix ingredients and serve. Great with fish fry.

Carol Charley

VEGETABLE MEDLEY SALAD

1 - 12 oz. can whole kernel corn, drained
1 - 16 oz. can midget peas, drained
1 lg. red onion, chopped
1 small jar pimentos, drained
1 - 16 oz. can french style green beans, drained
1 cup chopped celery
1 med. size green pepper, chopped

Dressing:
1 cup sugar
2/3 cup vinegar
1/2 cup oil

Toss all vegetables together in a large bowl. In saucepan, heat sugar, vinegar and oil until sugar dissolves. Cool.

Pour over vegetables and mix well. Refrigerate overnight or for several hours before serving.

This will keep for several weeks in the refrigerator, and can also be put in the freezer.

J. Raylene Simons

FRESH BROCCOLI & BEEF SALAD

1 lg. bunch broccoli, cut in bite size pieces
1/2 cups raisins
1/2 cup sunflower seeds
1 lg. red onion, cut in rings
3 oz. pkg. low salt dried beef, shredded

Dressing:
1/2 cup low cal. French salad dressing
1 T. vinegar (wine)
2 T. sugar

Combine the dressing ingredients. Toss with the other ingredients and enjoy!

Janella Wood

QUICK N' EASY AMBROSIA

1 can cherry pie filling
3/4 cup flaked coconut
1 can blueberry pie filling
1/3 cup chopped English walnuts

Mix all ingredients together, until coconut is all throughout the mixture. Chill for a couple of hours or overnight if time allows. Amount of coconut may be adjusted to your own taste. Chopped pecans may be substituted for the walnuts. Black walnuts will alter the taste. Keeps several days in airtight container.

Marilyn Darwin

BUSTER BARS

First layer:
8 oz. Oreo cookies
1/4 cup melted butter

Second layer:
1/2 gallon ice cream
3/4 cup peanuts

Third layer:
1 can Hershey's Fudge (ice cream topping)
3/4 cup peanuts

First layer: remove frosting from cookies, crush cookies and mix with butter. Pat into 9x13 pan and freeze.

Second layer: Soften ice cream, spread on top of cookie layer. Pat peanuts into ice cream & freeze again.

Third layer: Spread Hershey topping on ice cream. Sprinkle peanuts on top and freeze. Keeps for weeks in freezer.

Carole Good

RICE KRISPIE CARAMEL BARS

1/4 cup oleo
1 - 10 oz. pkg. marshmallows
6 cups Rice Krispies

14 oz. pkg. caramels
1/4 cup oleo
13 oz. can Eagle Brand sweetened condensed milk

Melt oleo and marshmallows together. Mix in Rice Krispies. Spread in a jelly roll pan.

Melt caramels, oleo and milk together. Bring to a boil. Pour over Rice Krispies. Repeat the first layer and put over caramel layer. Refrigerate 30 minutes.

Marlys Surratt

BROWNIES, LARGE SIZE

1 1/2 cups flour
1 cup butter or oleo
2 cups sugar (white)
1/4 cup cocoa
2 1/2 t. baking powder
pinch of salt
4 eggs
1 t. vanilla
walnuts, if desired

Mix ingredients and spread on large sheet pan. Bake at 350°

Pearl L. Nielsen

MINI CHEESECAKES

12 vanilla wafers
1/2 cup sugar
2 eggs
2 - 8 oz. pkgs. cream cheese, softened
1 t. vanilla

Line muffin tin with foil liners. Place one vanilla wafer in each liner. Mix cream cheese, vanilla and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling 3/4 full. Bake 25 minutes at 325°. Remove from pan when cool. Chill. Top with fruit, preserves or shaved chocolate.

Andrea Stallman

JELLO PUDDING ECLAIRS

1 pkg. (3 1/4 oz.) Jell-o Vanilla Pudding & Pie Filling
6 T. butter or margarine
3/4 cup sifted all purpose flour
1 1/2 cups milk
1/2 cups cool whip
3/4 cup water
3 eggs

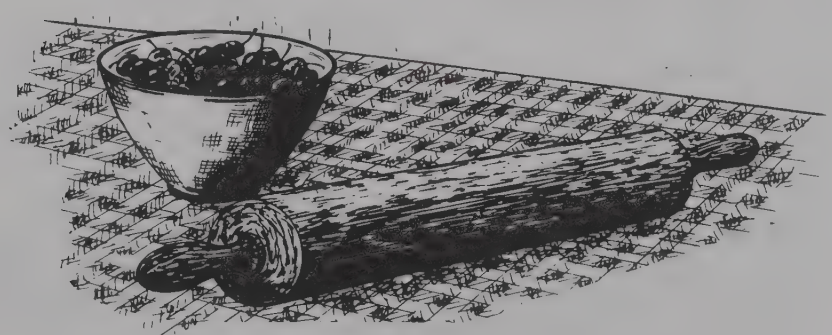
Glaze:
2 sq. unsweetened chocolate
1 1/2 cups sifted powdered sugar
3 T. milk
2 T. butter or margarine
dash of salt

Cook pudding as directed on package – except – reduce milk to 1 1/2 cups. Cover with waxed paper; chill 1 hour. Beat pudding till smooth; fold in cool whip. Make Shells: Bring 6 T. butter and water to boil. Reduce heat; rapidly stir in flour. Cook & stir till mixture leaves sides of pan – about 2 minutes. Remove from heat; beat in eggs, one at a time. Beat thoroughly till satiny. Form 5x1 inch strips of dough with spoon on ungreased cookie sheets. Bake at 350° for 30 minutes. 10 each. Cool.

Assemble: Cut off tops of shells, fill with pudding and replace tops.

Make glaze: Melt chocolate and 2 T. butter over low heat. Remove from heat; blend in sugar, salt and milk. Spread on eclairs at once.

Maxine E. Keeley



SWEDISH PINEAPPLE CAKE

2 cups sugar
1 20 oz. can crushed pineapple, undrained
2 t. baking soda
1/2 cup nuts (opt.)
3 eggs
1 t. vanilla
2 cups flour
1/2 t. salt

Frosting:
1 8 oz. pkg. cream cheese
1 3/4 cups powdered sugar
1/2 cup nuts (opt.)
1 stick margarine
1 t. vanilla

Combine sugar, eggs, pineapple, vanilla and then add flour, salt, soda and nuts. Mix well by hand, pour batter into greased and floured pan. Bake at 350° for 30-35 minutes in 9x13 pan.

Catherine S. Schroeder

CHOCOLATE PIE

1 box (3 oz.) Instant Chocolate pudding
2 cups vanilla ice cream, softened
9 inch baked pie shell
1 box (3 oz.) Instant Vanilla Pudding
1 3/4 cup milk
1 (8 oz.) cool whip or 1 box whipping cream

Mix pudding and milk together. Stir in vanilla ice cream. Pour into a baked pie shell. Let set. Then add whipped cream topping. Shave chocolate over the top.

Marian M. Naack

CHEESEBURGER CASSEROLE

2 lb. browned ground beef
2 cups shredded cheddar cheese
1 pkg. frozen french fries

Mix together:
1 can mushroom soup
1/4 cup chopped onion
1/2 cup milk

Brown ground beef and onion, put in 9x13 pan. Layer with mushroom soup and milk mixture. Add a layer of cheddar cheese. Top with frozen french fries. Bake 45 minutes to 1 hour at 350°.

Sandi Greiner

ITALIAN CREAM CAKE

1 cup buttermilk
5 eggs (separated)
2 cups flour
1/2 cup shortening
1 cup chopped nuts
1 t. soda
2 cups sugar
1 stick oleo
1 t. vanilla
1 small can coconut

Combine soda and buttermilk and set aside. Beat egg whites til stiff (not dry). Cream sugar, oleo and shortening. Add yolks one at a time, beating after each addition. Add flour, alternately with milk. Stir in vanilla and fold mixture with egg whites. Add coconut and nuts. Divide between 3 - 8" round cake pans (grease and flour). Bake at 325° for 25 minutes. When cooled – frost.

FROSTING

1 - 8 oz. cream cheese
1 lb. powdered sugar
1 stick margarine
1 t. vanilla

Vonnie Nielsen

PUMPKIN BARS

2 cups sugar
1 cup oil
4 eggs
2 cups pumpkin
1/2 t. salt
2 cups flour
2 t. baking powder
1 t. baking soda
1 t. cinnamon

Combine all ingredients and bake at 325°-350° in an 11x17 greased pan for 20-25 minutes.

FROSTING FOR BARS

4 oz. cream cheese
1 t. vanilla
3/4 stick of margarine
3 cups powdered sugar

Mix until well blended.

Amy Stoakes

Nazareth Evangelical Lutheran Church

7401 University Avenue
Cedar Falls, Iowa

Past

Present

To friends and members of Nazareth, July 4 has double significance, for, whether by chance or design, a group of early Danish settlers chose this date, already cherished in our nation's history, for an all-day out door meeting on the present site of Greenwood Cemetery. Less than a week later those devout Christians met again on the same ground, intent on organizing a church, and within days a constitution was adopted and the call for a pastor issued.

A.S. Nielsen became the first resident pastor of the congregation, which by this time had changed its name to the Nazareth Danish Evangelical Lutheran Church. Meetings were held in the German Lutheran Church on Eighth and Tremont. Then in 1872 two lots were bought on Ninth and Bluff. Just a year afterwards, these early pioneers dedicated their own house of worship, a structure that was to fulfill its purpose well for nearly forty years.

Many people, lay and clergy, provided the congregation with good leadership as their numbers continued to increase. On January 18, 1953, Pastor Homer Larsen was installed and has served the congregation for forty-two years. Today, Nazareth has three full-time and two part-time pastors and fourteen full time lay staff.

In 1959 Nazareth purchased ten acres of land on the corner of University and Main Streets. This new location made the congregation more visible to the community and provided a facility which made growth possible. Through a faithful proclamation of God's Word the congregation now numbers 4400.

Nazareth's mission statement is to confront people with God's love in Christ through what we teach and do. To reach this goal, the congregation takes seriously its ministry in the areas of Christian education for young and old, family life, evangelism, small groups, youth, music and singles. The congregation supports several missionaries in different foreign countries and has taken an active part in serving the social and spiritual needs of the elderly, handicapped and the poor in our community.

STUFF

1 lb. ground beef (lean)
1-2 onions (sliced)
2-3 potatoes (sliced)
2-3 carrots (sliced)
1/4-1/2 head of chopped cabbage
1 can mushrooms (small-stems and pieces)

Press ground beef in bottom of 9x13 pan. Place rest of ingredients on top of meat in order given (left to right). Frost with 1 can cream of celery soup (no substitute). Cover and bake for 1 to 1 1/2 hours at 350°. The last few minutes remove cover and top with your choice of cheese.

Naomi Ostby

PORK CHOPS ESTERHAZY

4 thick loin pork chops
1 T. peanut or vegetable oil
1/2 cup finely chopped celery
2 T. minced garlic
1 bay leaf
1/2 cup dry white wine
1 T. tomato paste
1 cup sour cream
salt and freshly ground pepper
1/2 cup finely chopped carrots
1 cup finely chopped onion
1/2 t. dried thyme
6 sprigs parsley
1 cup canned chicken broth
1 T. Dijon or Dusseldorf mustard
1/4 cup drained capers (mashed)

Sprinkle chops with salt and pepper. Heat oil in skillet, add chops. Brown on both sides about 10 minutes per side. Pour off fat.

Scatter carrots, celery, onion, garlic, thyme, bay leaf and parsley around chops. Cover and cook gently for 10 minutes. Add the wine and the chicken broth blended with the tomato paste. Cook for 45 minutes and turn chops. Continue cooking for another 45 minutes, until tender at medium low.

Remove the chops and keep them warm. Add the mustard and sour cream. Bring just to the boil, stirring constantly, Cream with curdle if you continue to let it boil. Stir in capers, add salt to taste. Spoon this over the chops. Serve hot. Delicious. Yield: 4 servings.

Sylvia Graves

RUSSIAN KRAUT

1 medium onion, chopped
1 #2 1/2 can sauerkraut, drained
1/4 lb. brown sugar
1/3 lb. bacon, chopped
1 #2 1/2 can tomatoes

Fry onion and bacon together until brown and crisp. Add remaining ingredients. Simmer for 30 minutes until flavors blend.

Susan Tansey

BAKED CHICKEN BREASTS

Soak chicken breasts in beaten egg for 1 hour. Dip in Italian bread crumbs then sauté in butter until golden brown. (Have in reserve 1 cup of chicken broth).

Spray baking dish with nonstick cooking spray. Lay chicken breasts 1 layer deep. Cover with fresh sliced mushrooms. Top with a layer of Munster Cheese. This can all be done a day ahead.

When ready to bake pour 1/2 cup of chicken broth over chicken and bake at 350° for 15 minutes uncovered. Then baste with the other 1/2 of chicken broth and bake 15 minutes more. Remove from oven and squeeze fresh lemon juice on top.

Serve with:

ROMAINE SALAD WITH MUSTARD DRESSING

3 hard cooked eggs
3 T. wine vinegar
1/3 cup olive oil
4 slices cooked bacon (crumbled)
3 chopped green onions
sliced mushrooms if desired
1 1/2 t. yellow mustard
3 T. sugar
1 lg. bunch of romaine greens (cut up)
2 Roma tomatoes sliced

Separate eggs and comine minced yolks with mustard, vinegar, sugar, and oil to make dressing. Add to remaining ingredients and toss together.

Jan Mandt

POTATO CASSEROLE

8-9 potatoes, cooked with jackets on
1 pint half & half
parmesan cheese
1 stick oleo
1 t. salt
1/4 cup sharp cheddar

Refrigerate cooked potatoes overnight. Grate potatoes with medium grater and place in 2 quart casserole. Melt oleo and stir in cream and salt. Pour over grated potatoes and sprinkle with Parmesan and cheddar cheeses. I use more cheese than recipe calls for. Bake 1 hour at 350°.

Virginia Roberts

FROZEN CRANBERRY BANANA SALAD

1 - 20 oz. can pineapple tidbits
1 - 16 oz. can whole berry cranberry sauce
1/2 cup chopped nuts
5 bananas (firm, halved lengthwise and sliced)
1 - 12 oz. frozen whipped topping, thawed

Drain pineapple and add bananas to juice. Combine cranberry sauce and sugar. Remove bananas from juice and add to cranberry mixture. (Discard juice.) Stir in pineapple tidbits, whipped topping and nuts. Pour into 9x13x2 dish. Freeze until solid. Remove from freezer 15 minutes before cutting. 12-16 servings.

Joyce Larkin

HOT LUNCHEON SALAD

1 can crab meat
1 med. onion, chopped fine
1/2 can green pepper
1 can water chestnuts, sliced
1/2 cup sliced almonds
4 hard boiled eggs, sliced
1 can whole shrimp
2 cups diced celery
1 small can mushrooms
1 t. salt
1 pint mayonnaise (too much)

Mix all ingredients except eggs. Put half of mixture in greased casserole, layer of sliced eggs, then remaining mixture and sliced eggs. Put buttered crumbs on top. Bake at 350° for 45 minutes.

Eunice Larsen

BROCCOLI SALAD

4 cups chopped broccoli
2/3 cup slivered almonds
1 cup green grapes
8 slices bacon
1/3 cup sugar
1 cup chopped celery
1 cup red grapes
1/2 cup onion, garden with tops
1 cup mayonnaise
1 t. vinegar

Add bacon, onions, dressing, just before serving. Serves 20.

Pat Dove

HOT BAKED GERMAN POTATO SALAD

1/2 cup diced bacon
1/2 cup chopped onion
1½ T. flour
1/3 cup cider vinegar
2/3 cup water
1/2 cup sliced celery
1/2 t. salt
1/3 cup sugar
1/4 t. pepper
4 cup sliced cooked potatoes

Fry bacon and drain. Return 2 T. of grease to skillet; add celery, onion, salt and flour. Cook gently. Add sugar, vinegar, pepper and water. Bring to a boil. Pour over potatoes and bacon in a 1½ quart baking dish. Cover and bake at 350° for 30 minutes. Serves 6.

Marlene Engen

CINNAMON PICKLES

2 gal. cucumber pickle rings
8½ qt. water
1 oz. red food color
2 cups lime
1 cup vinegar (dark)
1 T. alum

Syrup:
1 - 11 oz. pkg. red hots (candy)
2 cups water
8 sticks cinnamon
2 cups vinegar
10 cups sugar

Peel, slice, core cucumbers to make rings. Soak in lime and water. Let stand 24 hours. Drain and wash well. Soak 3 hours in cold water. Drain. Mix vinegar, red color and alum. Add water to cover and simmer 2 hours. Drain. Pour heated and dissolved syrup over cucumbers in a jar or crock. Repeat heating the syrup each day for three days. On the third day heat and seal in jars.

Joan Hoeft

WILLIAMSBURG RYE MUFFINS

1 cup rye flour
3 T. molasses
2 eggs, beaten
4 T. melted oleo
1 cup whole wheat flour
1 cup milk
1/2 t. salt

Mix as for muffins. Bake at 350° 20-25 minutes.

Elisabeth Narveson

OLD- FASHIONED BREAD

For 2 Loaves:

Pour 2 cups boiling **water** over 1 cup **dry rolled oats.**

Add 2 T. butter and let stand for 1/2 hour (until oats are thoroughly soft).

Soak 2 packages of **yeast** in 1/3 cup lukewarm water.

Add 1 T. **salt,** 1/2 cup **honey.** Then stir in the yeast.

Gradually add enough **flour** to make dough kneadable. Knead 5-10 minutes, adding flour as necessary, until dough is smooth and elastic. Put dough in a big bowl, oil its surfaces, cover with towel and place in a warm place to rise, until doubled in bulk. Punch down and form into 2 loaves. Let rise.

Bake at 350° 30-40 minutes.

Phyllis Jorgensen

AUNT ELEANOR'S KRINGLE

4 cups flour
3 eggs, separated
3 T. sugar
1 cup warm milk
1 cup margarine, Land of Lakes
1 t. salt
1 pkg. yeast

Mix flour and margarine.

Add yeast, egg yokes, milk (cool). Stir into dry ingredients. Refrigerate overnight. Roll and fold butter (1 cup) on top. Like croissants. Rest dough. Divide into 4 parts.

Roll out. Put whipped egg white with 1 cup brown sugar and fold into middle.

Shape as to oval. Put in pan and let rise.

Bake at 350° for 20 minutes. Filling – Jam, almond paste, prunes. Whatever you want.

Carol Jorgensen

PRUNE FILLING (For Kringle, Filled Cookies, Strips)

2 lbs. pitted prunes, cooked
1 t. vanilla
1/2 cup water
1 1/2 cups sugar
1 T. cornstarch

Stir well. Add all ingredients and simmer on stove for 30 minutes.

Carol Jorgensen

DANISH APPLE BARS

6-8 large apples, sliced
dash of salt
1 cup sugar
1 t. cinnamon

Mix ingredients and let stand.

Crust:
2 1/2 cup flour
1/2 t. salt
2 T. sugar
1 cup margarine

Put 1 egg yolk in a cup, add milk to make 1/2 cup. Beat and add to flour mixture.

Roll out half of dough and place in 15 1/2 x10 1/2 jelly roll pan. Sprinkle with 1 cup crushed corn flake crumbs. Arrange apple slices over corn flakes. Roll out other half of dough to fit top. Make vents in top. Spread with beaten egg white, over top crust. Bake at 350° for 1 hour or until golden.

Combine:
1 cup confectioners sugar
almond flavoring (a little)
1 t. vanilla
Milk

Mix sugar, vanilla, flavoring and enough milk to drizzle for a glaze while bars are still warm. Makes 35 cookie size.

Margaret Borchelt

RHUBARB PIE

Place in saucepan over low heat:
3 T. butter
1 1/2 cups sugar
3 cups rhubarb cut in 1" pieces

Cook above until rhubarb is tender, stirring constantly.

Mix together:
3 egg yolks
1/4 t. salt
3 T. cornstarch
1/3 cup sugar
1/3 cup cream

Add above ingredients to hot mixture. Cook over medium heat until thick. Pour into baked 9" pie crust. Make meringue from the 3 egg whites. Bake at 375° for 10 minutes.

Marilyn Young

RHUBARB ROLL (A 1938 recipe)

2¼ cup flour
1/2 t. salt
1/3 cup cream (evaporated milk)
4 t. baking powder
2/3 cup milk
3 cups rhubarb, cut fine

Boil syrup:
1½ cups sugar
1¼ cups water

Mix flour, baking powder and salt together. Mix milk and cream into dry ingredients. Stir. Will be a stiff batter. Roll out on floured surface. Roll to about 1/4" thick. Arrange rhubarb on dough and roll up as for jelly roll. Cut into 15 slices. Arrange in 8x12 pan.

Pour boiled syrup over rhubarb slices and sprinkle with sugar.

Bake at 375° until brown (about 30 minutes).

Ginny Davis

KRINGLA

1 cup whipping cream
1 cup sour cream
1 t. soda

Mix the creams well, add soda and let set an hour or so.

Add:
1 cup sugar
1 t. vanilla
4 t. baking powder
1/2 t. salt
3½ cups flour

Mix well. Place in refrigerator (covered) over night or several hours. Roll a piece of dough with palms of hands on pastry cloth into shape like a pencil and form into figure eight's or knots. Place on ungreased cookie sheet and bake at 400° about 10 minutes. Yield about 40.

Naomi Ostby

SUGARLESS OATMEAL COOKIES

2 cups all purpose flour
1/2 t. salt
1 t. ground cloves
1 t. soda
1 cup raisins, dates, or any chopped dried fruit
1/2 cup oil
1 t. vanilla
1½ t. cinnamon
1/4 t. nutmeg
1 t. allspice
1 cup quick-cooking oats
1 cup thawed undiluted frozen apple concentrate
2 eggs
1/2 cup chopped nuts

Combine dry ingredients – flour, cinnamon, salt, nutmeg, cloves, allspice, and soda. Add apple concentrate, oil, eggs and vanilla. Mix well. Add oats, raisins and nuts. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375° 10-12 minutes. Yield: About 3 dozen.

Dorothy Lageschulte

SOUR CREAM RAISIN BARS

1 1/2 cups raisins

Cook 10 minutes in a little water. Drain. Cool.

Cream:
1 cup brown sugar and 1 cup margarine

Add:
1 1/3 cup oatmeal
1 3/4 cup flour
1 t. soda

Pat 1/2 of this mixture in a greased 9x13 pan. Bake at 350° for 10 minutes.

While above is baking, mix and boil:
3 egg yolks
2 1/2 T. cornstarch
1 16 oz. carton sour cream
1 cup sugar

Add raisins, stir constantly until thickened. Add 1 t. vanilla. Pour over baked crust. Crumble rest of oatmeal mixture over top. Bake at 350° for 30 minutes. Cool. Cut.

Virginia Stensland

LEFSE

1 1/4 qt. mashed Idaho potatoes
1 T. sugar
1 egg (slightly beaten)
1/2 cup oleo
1 t. salt
1 t. baking powder
3/4 cup whole milk
flour to handle

Cook and cool potatoes. Add all other ingredients. Mix well. Add flour until dough is quite firm. Chill dough thoroughly. Keeping dough cool, roll out a little at a time until very thin. Place on cookie sheet. Score into 4 sections with pastry cutter. Bake at 450° for 4 minutes. When cool, place in a tight container in a dry area. To serve, sprinkle with warm water. Place layers of lefse between sheets of wax paper. When soft, spread with butter and sugar or whatever is desired.

Elisabeth Narveson

Orchard Hill Reformed Church

1215 Elmridge Drive
Cedar Falls, Iowa

Past

Present

The Dutch Reformed Church was established in 1628 in America and is the oldest evangelical Christian Church with a continuous ministry on the American continent. Early immigrants established numerous churches in the New York – New Jersey area. The churches remained under the jurisdiction of Amsterdam until a constitution drafted in 1784-1792 and were called the Reformed Protestant Dutch Church. In 1867 the name was changed to the Reformed Church in America. Later migrations of Dutch people settled in Michigan, Iowa and other mid-western states giving the Reformed Church another distinct group.

In May of 1961 the establishment of Orchard Hill Reformed Church, located at 3825 Laurinda Drive, Cedar Falls was a project of the Reformed Church in America under the auspices of Classis Pleasant Prairie and the Reformed Church of Stout, Iowa. Ground breaking for the new church was held on June 26, 1962 and the first service in the new sanctuary was on December 23, 1962 with 26 families attending. In February 1990 a new sanctuary was built to accommodate the 200 families who now attend O.H.R.C. There are three services each Sunday and Sunday School for all ages.

The cool damp climate of the Netherlands stimulated Dutch appetites to do justice to rather heavy meals. Fishing, dairy and gardening industries played a major roll in the development of Dutch cooking. Early Dutch shipping also had a major influence with the influx of vast quantities of coffee, cocoa, spices, coconut, pineapple, curries and rice. Vegetables such as cabbage, cauliflower, onions, asparagus, beans, peas, cucumbers and potatoes were often combined in soups, stews and other assorted concoctions with dried pea soup being a national dish. The Dutch have a way all their own for preparing sauerkraut, head cheese and pigs in the blanket. They also taught us how to make doughnuts (Olie Bollen), crullers and waffles. The following recipes are some of our favorites.

RED CABBAGE (RODE KOOL)

1 medium red cabbage
4 1/2 T. brown sugar
1 t. salt
1 t. allspice
1/4 cup vinegar
4 T. butter
4 sour apples quartered
1 cup water (as needed)

Remove the outer leaves of the cabbage and shred it fine. Cook with all other ingredients in large fry pan adding water as needed, but use only 2 T. of the butter. Cook the cabbage until tender (20-30 minutes) stirring often. Add rest of the butter before serving. Yield 4 servings.

DUTCH LETTUCE

1 T. butter
1/2 cup water
1/2 cup sugar
1 T. flour
1 egg
1/2 cup vinegar

Melt butter, add flour, when well blended add water and bring to a boil. While stirring add beaten egg, sugar and vinegar, let it come to a boil. Refrigerate until ready to use. Will keep for several weeks.

4 hard boiled eggs
onion (a little)
1/3 cup vinegar
6 servings hot boiled potatoes
6 servings coarsely cut lettuce
6 strips bacon
1/3 cup water

Have ready potatoes, eggs, lettuce, onion. Cut bacon into small pieces, fry until crisp. Remove bacon from pan and add 2 or 3 T. of the above sauce, vinegar and water. Bring to a boil, keep hot. Place a layer of hot potatoes (riced or mashed) in bowl, then a layer of lettuce, 2 sliced hard boiled eggs and several T. of the hot bacon dressing. Add remainder of potatoes, lettuce, sliced eggs. Pour rest of dressing over this and serve immediately.

VEGETABLE RICE CASSEROLE

1 cup chopped carrots
1 cup chopped broccoli
1 cup peas
1 chopped onion
1 can cream of mushroom soup
1 small can mushrooms
1 cup chopped celery
1 cup chopped cauliflower
1 cup green beans
1/3 cup margarine
8 oz. jar Cheez Whiz
2 cup cooked rice
(can be brown rice)

Steam vegetables just until tender, sauté onion in margarine. Add soup and Cheez Whiz, mushrooms and rice. Stir in vegies. Put in casserole and bake at 350° for 1 hour, covered.

CABBAGE DELICIOUS

2 to 3 cups chopped cabbage
1 egg
1 T. lemon juice
1 t. salt
1/4 cup milk or cream
1 T. butter or margarine

Cook cabbage in boiling salted water until it is just tender. Drain. Mix salt, egg, milk, and lemon juice. Add cabbage and mix well. Pour into buttered baking dish and dot with butter. Bake at 350° until set, about 20 to 25 minutes.

ASPARAGUS CASSEROLE

4-6 hard boiled eggs
6 to 8 soda crackers, crumbled
1 lb. asparagus spears

White sauce:
2 cups milk
2 T. butter
2 T. flour
salt & pepper

Mix flour into melted butter until smooth, slowly add milk and cook over low heat until thickened. Slice eggs. Cook asparagus until tender crisp and drain. Put a layer of asparagus in greased casserole. Add a layer of sliced eggs and some of the white sauce. Repeat for a second layer with white sauce on top. Top with cracker crumbs. Bake at 350° for 25-30 minutes or until heated through and slightly browned.

Variation: Add 2 t. salad mustard to white sauce when thickened.

BASIC WHOLE WHEAT BREAD

4 cups water about 115°
2 T. active dry yeast or 2 packets
7 T. butter
10 cups whole wheat flour, making sure 3 or 4 cups are white flour
1/3 cup honey or 2/3 cup sugar
4 t. salt
1-2 eggs (opt.)

Dissolve yeast in the water/honey mixture. Let stand for about 10 minutes to activate the yeast. Add salt, butter and eggs. Add all whole wheat flour. Stir for a couple minutes. Add white flour a small amount at a time until too difficult to stir. Turn out on a floured surface and knead – approximately 10 minutes. Return to bowl. Let rise until double. Punch down. Let rise again until double (this will be a shorter time). Punch down and form into 4 loaves. Let rise. Bake 40 minutes at 350°.

Optional: use some dough for cinnamon rolls or dinner rolls; for raisin bread add 1-2 cups raisins (in your liquid).

PUMPERNICKEL RYE BREAD

soften 2 pkgs. dry yeast in 1/2 cup warm water and set aside.

In large bowl combine:
1/2 cup karo dark syrup
2 T. shortening
1 cup boiling water
2 t. salt
2 T. caraway seeds

Mix above ingredients and cool to lukewarm. Then add yeast. Add 2 1/2 cups rye flour (medium pumpernickel rye). Mix well. Add 2-3 cups white flour to make fairly still dough. Cover and let rest 10 minutes. Knead, add more flour as needed. Grease bowl, turn to get on both sides. Let rise until double in size (about 1 1/2 hours) and shape into loaves. Let rise again. Bake at 350° for 30-40 minutes or until golden brown. Makes 2 regular size loaves or 8 very small loaves.

SORGHUM RYE BREAD

1 pkg. yeast
1/4 cup warm water
1 T. sugar
4 cups lukewarm water
12 cups flour (divided)
2 cups rye flour
1/4 cup crisco, melted & cooled
1 cup sorghum (or mild molasses)

Soak yeast in 1/4 cup water with sugar. In mixing bowl put 4 cups lukewarm water and sorghum, add 6 cups flour, beat, then add yeast mixture and keep beating until smooth. Let ride until bubbly. Stir in rye flour, salt, shortening and remaining flour. Mix well. Can add more flour if sticky. Let rise until double in size. Punch down and shape into 4 loaves or whatever shape you want. Place in greased pans and let rise again. Bake at 350° for about 1 hour.

Caraway seed can be added. This is a slow rising bread.

BEST EVER WAFFLES

2 1/4 cup flour
3/4 t. salt
2 eggs
1 t. vanilla
4 t. baking powder
1 1/2 T. sugar
2 1/4 cups milk
3/4 cup oil

Beat eggs, add milk, oil, vanilla. Mix all dry ingredients and add a little at a time to egg mixture. Beat well, batter may be lumpy. Makes 4 to 6 waffles.

PIGS IN THE BLANKET

1 1/3 lb. lean ground pork
2/3 lb. ground beef
2 t. salt
1/2 t. allspice
dash pepper
4 cups flour (sifted 3 times)
4 t. baking powder
1 cup butter
1 t. salt
1 cup milk (about)

Mix the meats and spices together and set aside. Mix and roll out the dough. Put meat mixture on dough and roll up from corners. Makes 18-20 pigs in the blanket. Bake 400° for 20 minutes.

CHEESY POTATO SOUP

1 cup chopped onion
1 cup chopped celery
1 cup chopped carrots
4 cups water
2 chicken bouillon cubes
2 - 12 oz. cans evaporated milk
32 oz. frozen hash brown cubes
1 lb. bacon
1 cup cubed ham
1 lb. velveeta cheese
salt and pepper to taste

Fry bacon very crisp. Drain and set aside. In stock pot, put water, onion, celery, carrots. Boil for 10 minutes. Add bouillon cubes, hash browns and cook for 10-15 minutes. May need to add a little more water. Add all other ingredients and simmer until very hot but do not boil milk. To make a bigger batch add another package of hash browns and 2% milk to make it the consistency you want.

CHICKEN WILD RICE SOUP

4 cups chicken broth
1 cup shredded carrots
1 cup diced cooked chicken breast
1 cup instant long grain & wild rice
1/2 cup chopped onion
1 cup sliced celery
1 can cream of mushroom soup

In large saucepan, combine chicken broth, onion, carrots and celery. Bring to a boil. Lower heat. Add chicken, cover. Continue cooking until vegetables are tender, 10 minutes. Stir in mushroom soup and dry rice. Remove from heat. Cover. Let set 5 minutes. Stir well before serving. Serves 4 - 1 1/2 cups each.

PEA SOUP (ERWTENSOEP)

2 cups split peas
1 cup whole green peas
10 cups water (2 1/2 qts.)
1 ring smoked sausage
1/2 t. pepper
1/2 lb. bacon
1 lg ham hock (or 2 cups diced ham)
3 onions, finely chopped
2 leeks, finely chopped
3 ribs celery, finely chopped

Soak both types of peas overnight in just enough water to cover. Next day drain the peas then place them in 2 1/2 qts. of water in a large pot with all of the other ingredients except the sausage. Bring to boil. Turn heat down and let entire mixture simmer for 1 1/2 hours, stirring often. If soup becomes too thick, thin by gradually adding small amounts of water. Add smoked sausage and continue simmering for 15 minutes. Pepper to taste. Serve with pumpernickel bread. Serves 6 to 8.

HEARTY BEEF STEW

2 lbs. boneless chuck cut in 1" cubes (brown with 1 med. chopped onion)

6 cups hot water
1 t. lemon juice
1 t. worcestershire sauce
1 clove garlic, minced
1 bay leaf
2 t. salt
1/8 t. allspice
1 t. sugar
6 medium carrots, sliced
4 potatoes, cubed
1/2 cup green peas
1/4 t. pepper

After browning meat and onion, thoroughly in 6 quart pan, add remaining ingredients except vegetables. Simmer for 2 hours, adding water if necessary. Add carrots and potatoes. Cook for 20 to 30 minutes. Add peas, cook 5 minutes more. Serve with bread or muffins.

DUTCH LETTERS

Dough:
1 lb. butter
1 cup cold water
1 t. sugar
4 cups flour
1/2 t. salt
1 t. cinnamon

Filling:
1 lb. almond paste
3 eggs
2 cups sugar
1 t. vanilla

Mix butter, flour, salt, and sugar together. Stir in cold water and mix well. Chill 1 or 2 hours or overnight. When ready to bake, mix filling together with mixer until smooth. Divide dough and filling into 14 equal parts. Roll 1 section of dough into 14x14 strip. Take a section of filling and spread it down the center of dough strip. Lap one side of dough over filling, then the other side and pinch the ends shut. Place on greased cookie sheet with seam side down. Shape into an S shape or other letter. With a fork make vent holes in the top of the letter. Brush tops with beaten egg white and sprinkle with sugar. Bake at 400° for 15 to 25 minutes until golden brown.

ST. NICK OVERNIGHT COOKIES

1 cup brown sugar
1 cup white sugar
1 cup shortening
2 eggs
1/2 cup chopped nuts
3 cups flour
1 t. baking powder
1 t. salt
1 t. cinnamon
1/4 t. cloves
1/2 t. nutmeg
1/2 t. allspice
1/2 t. soda

Mix together brown sugar, white sugar, and shortening. Add eggs and nuts. Sift dry ingredients and add to first mixture and shape into rolls and refrigerate. Slice and bake in moderate oven until done.

JAN HAGEL COOKIES

1 cup butter or oleo
2 cups flour
1 t. cinnamon
1 cup sugar
1 egg
chopped nuts

Cream butter, add sugar, add egg yolk. Sift flour and cinnamon. Add to creamed mixture a little at a time. Pat down dough very thin on sheet cake pan and brush with unbeaten egg white and a few drops of water, sprinkle with nuts. Bake 20 minutes at 350°. Cut into squares while still warm.

DUTCH APPLE TART

1/2 lb. butter
2 cups flour
1 t. vanilla
4 average size apples
cinnamon to your taste
1 cup sugar
1/2 t. baking powder
1 egg
1/2 cup raisins

Cream butter and sugar, combine egg white and part of egg yolk and vanilla. Mix in sifted flour and baking powder. Take 1/2 of the dough and place bottom of deep pie pan or layer cake pan. Place sliced apples in circular manner with wedges facing upward. Sprinkle with raisins and cinnamon. Place the rest of dough over the top in strips. Mix remaining egg yolk with a little water and brush over the dough strips. Bake for 1 hour at 350°.

This is too large for ordinary pie pan, will need a 9 inch or larger.

DUTCH APPLE PIE (for 9" pie)

3/4 to 1 cup sugar
6 to 7 cups sliced apples
1 t. cinnamon or nutmeg
1½ T. butter

Mix sugar and cinnamon together, mix lightly through apples. Heap up in pastry lined pie pan. Dot with butter. Make extra large slits in top crust. Then 5 minutes before baking time is up, remove pie from oven and pour 1/2 cup heavy cream through slits in top crust. Return to oven and finish baking.

DUTCH APPLE PIE

7 or 8 apples
1/3 cup butter
2 T. flour
1/2 cup sugar
1/2 t. cinnamon

Topping:
1/2 cup brown sugar
1/3 cup butter
3 T. flour

Slice apples into unbaked pie crust. Mix sugar, butter, cinnamon and flour through apples. Crumble topping mixture over top. Bake 1 hour at 350° oven.

BREAD PUDDING

2 cups stale bread crumbs
1/2 t. vanilla
4 T. butter
salt to taste
1/2 cup raisins
1/2 cup sugar
2 cups milk
4 eggs
1/4 t. cinnamon

Soak bread crumbs in milk. Add sugar and butter, beaten eggs, salt and vanilla. Place in buttered baking dish and add raisins. Bake at 350° until done – 30-40 minutes.

VEGETABLE DINNER

8 or 10 carrots
3 peppers
small bunch celery
1 can tomatoes
6 or 8 onions
4 or 5 slices bread (crumbled)
3 or 4 slices bacon (cubed)
or 1/2 lb. hamburger
salt & pepper to taste

Bake 1 hour with cover, then uncover and bake until done.

DATE COFFEE BREAD

1 cup chopped dates
1/2 cup raisins
1 T. butter
1 egg
1 t. vanilla
1 t. soda
1 cup boiling coffee
1 cup sugar
1 1/2 cups sifted flour
1/4 t. salt
1/4 cup nuts (optional)

Sprinkle soda on dates and raisins, then pour hot coffee over them. Combine remaining ingredients, adding dates and nuts last. Pour into a greased pan. Bake at 350° for 1 hour.

PENNSYLVANIA DUTCH RED CABBAGE

6 cups red cabbage, shredded
2 cups tart apples, pared & chopped
1 large onion
3 T. butter
1/2 cup brown sugar
1/2 cup cider vinegar
1 cup water
1/4 cup flour
1/2 t. salt
1/4 t. pepper
1/8 t. cloves
1/8 t. allspice
1/2 t. nutmeg

In large pan, mix all ingredients together. Place in 2 1/2 quart microwave-safe container. Microwave covered for 20 minutes, stirring after the first 10 minutes. Let stand 5 minutes. This also freezes well. This can be done in large fry pan and stir often. Serves 10.

Our Redeemer Lutheran Church
Missouri Synod

Bluff Street
Cedar Falls, Iowa

Thirty-five years before Iowa's Sesquicentennial celebration, a small group of members from College Hill Lutheran decided to expand the Missouri Synod's presence in Cedar Falls by starting a new congregation. To be known as **Our Redeemer**, the new church was to be more family-centered than the student-oriented church at College Hill.

After months of planning, members of Our Redeemer held their first service on March 7, 1962. Led by the Rev. Marcus Zill, the first service was held in the Cedar Falls Legion Hall, where the young but growing congregation would continue to meet until August of 1963. At that time the congregation installed its first pastor, the Rev. Erwin Meyer, and purchased its present church at 904 Bluff Street.

After five years, Meyer was succeeded by the Rev. George Perlich on January 19, 1969. Perlich, however, died later that same year, and the congregation's calling process began anew. In August of 1970, the Rev. Norbert Firnhaber accepted Our Redeemer's call, as have two other pastors since: the Rev. Theodore Will, who served from 1975 through 1988; and the current pastor, the Rev. Jerry Storm, who began his ministry on November 12, 1989.

As the congregation changed and grew, the need for improved facilities became apparent. In July 1991, therefore, Our Redeemer kicked off its "Preserving Our Heritage – Preparing for the Future" campaign. An ambitious combination of contracted and member-donated projects resulted in a refurbished sanctuary that highlights and preserves the main building's treasured architecture. In addition, the fellowship hall was completely remodeled, as were all the church's classrooms, offices, and conference rooms. Paved parking was added, and new property was converted to green space for outdoor gatherings and a play area for children.

As Our Redeemer was begun specifically with families in mind, so it continues today. Special youth programs, men's and women's groups, a thriving preschool, and frequent family fellowship activities complement the weekly and seasonal midweek worship services.

Through these many activities, a greater purpose is achieved. The congregation, staying faithful to the biblical truths of the Christian faith, strives to serve people in its community by applying God's changeless Word in a clear and meaningful manner.

DIABETIC STRAWBERRY PIE

graham cracker pie crust
1 pkg. sugar-free strawberry jello
strawberries
1 pkg. vanilla sugar-free pudding
1 1/2 cups water

Boil pudding mix, sugar-free jello with water stirring constantly until thick and clear. Put cut up strawberries in the graham cracker crust. Pour the pudding and jello mix over strawberries. Cool. Serve with cool whip.

Elda Michel

APPLE DESSERT

Crust:
3 cups flour
1 1/4 cups Crisco
1 t. salt
1 egg yolk plus enough water to make 2/3 cup

Mix and roll out half of the dough. Put in jelly roll pan – sprinkle 1 cup mashed corn flakes crumbs on evenly on crust.

Slice 8 applies and mix with:
1 cup sugar
1 t. cinnamon

Put on crust. Roll out top crust. Place on top of apples. Whip egg white and brush on top crust. Bake 1 hour at 350°. While still warm, drizzle a powder sugar frosting on top. Very good.

Kathie Michel

FRUIT COMPOTE

1 can pineapple chunks w/juice
1 6 oz. can frozen orange juice
1 1/4 cup boiling water
4 to 5 sliced bananas
1 sm. can mandarin oranges w/juice
1 3 oz. box lemon jello
1/2 cup fresh sliced strawberries

Dissolve jello in hot water. Add pineapple and mandarin oranges and can undiluted orange juice. Chill over nite. Next morning or shortly before serving add bananas and sliced strawberries. Mixture will be like a heavy syrup. Not always necessary to add strawberries and I always put small dishes on to put it in to keep from running into food on plates. Can be used as a salad or dessert.

Carol Thielen

MOCK LOBSTER

Wrapped individually in small square of cheesecloth:

2 pkgs. frozen cod or haddock
1 T. caraway seed
1 T. dill

1 whole onion
carrots

Boil for 10 minutes 1 T. vinegar, carrots, dash of salt and the seeds. Then add cut squares of fish and onion. Boil for 20 minutes. Serves 4.

Joann Layton

BARS

2 sticks margarine
1 cup brown sugar
2 cups flour
1 egg yolk
1 t. vanilla

Mix ingredients. Press into 10x15 jelly roll pan. Bake 15 to 20 minutes. Melt 4 hershey bars, spread on top of bars. Sprinkle chopped nut meats on top.

Mabel Tangen

OH HENRY BARS

1 cup margarine
1 cup brown sugar
1/2 cup white sugar
4 cups oatmeal
1 cup chocolate chips
1 cup peanut butter

Blend margarine, brown sugar, white sugar and oatmeal. Pat into a 9x13 pan and bake in a 350° oven for 15-20 minutes.

Frosting: melt chocolate chips and 1 cup peanut butter in saucepan over low heat. Spread over cooled mixture.

Rebecca Burns

GERMAN CHOCOLATE COOKIES

1 box German choc. cake mix
1 cup choc. chips
1/2 cup quick oatmeal
1/2 cup raisins or nuts
1/2 cup oil
2 slightly beaten eggs

Combine all – drop by teaspoonful 2" apart on ungreased cookie sheet. Bake 350° 8 to 10 minutes.

Optional: can also add 1/2 cup carmels quartered.

Juanita Flanscha

MOON CAKE

Add water and margarine and bring to boil:

1 cup water **1 stick margarine**

Add **1 cup flour** and stir rapidly until forms a ball - 3 minutes. Remove from heat and cool 5 minutes. **Beat 4 eggs** into mixture 1 at a time. Spread on ungreased cookie sheet (11x15). Bake 400° 30 minutes and cool (looks like moon surface). Do not pierce; leave as is.

2 sm. instant vanilla pudding **1 8 oz. cream cheese (softened)**
1 12 oz. cool whip **1 sm. can Hershey syrup**

Mix 2 boxes instant pudding according to directions and beat in softened cream cheese. Blend well and spread on cooled crust. Refrigerate 20 minutes. Top with cool whip. Drizzle with chocolate syrup and sprinkle with nuts. Refrigerate until serving.

Carol Thielen

CORN CASSEROLE

1 egg, beaten **1 cup sour cream**
1/2 cup melted oleo **1 can whole kernel corn, drained**
1 can cream style corn **1 pkg. jiffy corn bread mix**

Mix first 3 ingredients (egg, sour cream, oleo) in a large casserole bowl. Add next 3 ingredients, mixing well and bake 45 minutes at 350°.

Lori Dove

BARBECUE SAUCE (RIBS)

7-10 # ribs **2 cans tomato sauce or paste**
1/3 cup vinegar + a little more **2 T. molasses**
1 heaping T. onion (or more) **1 cup white sugar**
1 cup brown sugar **1 t. salt**
1½ T. mustard **1 T. worcestershire sauce**

Mix all ingredients together. Flour and brown the ribs. (I use country ribs and trim some of the fat.) Alternate layers of ribs and sauce in roaster. Bake at 350° until ribs are tender. Time will vary depending on type of ribs.

Triple this recipe for up to 30# ribs.

Dorothy C. Neebel

CINNAMON COFFEE BARS

1/4 cup soft shortening
1 egg
1 1/2 cups sifted flour
1/4 t. soda
1/2 cup raisins
1 cup brown sugar (packed)
1/2 cup hot coffee
1 t. baking powder
1/2 t. cinnamon
1/4 cup chopped nuts

Cream together shortening, brown sugar and egg. Stir in hot coffee. Stir in dry ingredients, blend in raisins and nuts. Spread in greased 9x13 pan. Bake at 350° for 18 to 20 minutes. Frost while warm with thin coating of icing.

Mary Baedke

STRAWBERRY DESSERT

1/4 cup brown sugar
1 stick oleo
1 10 oz. box (or 1 bag) of fresh strawberries
1 T. lemon juice
1 cup flour
1 cup nuts (pecans), chopped
3 unbeaten egg whites
1 cup sugar
8 oz. frozen whipped topping

Bottom crust:

Mix together first 4 ingredients (sugar, flour, oleo, nuts). Put in 9x13 pan – bake 20-30 minutes at 325°. Cool. Crumble, reserve 1/3 for topping.

Filling:

In a large bowl put next 4 ingredients (strawberries, egg whites, sugar, lemon juice) and beat with mixer on high speed for 15 minutes. Then fold in 8 oz. frozen whipped topping (thawed). Pour over crust and top with reserved crumbs. Freeze several hours or overnight. Keeps up to 1 week.

Harriet Paulus

OREO DELIGHT (FROZEN DESSERT)

1 16 oz. pkg. oreo cookies
1/2 gal. vanilla or butter brickle ice cream
1/2 cup sugar
1/3 cup margarine
2 sq. chocolate
1 t. margarine
1 6 oz. carnation milk
1 cup cool whip

Crush oreos – mix with melted butter. Freeze in 9x13 pan reserving 1 cup crumbs. Slice 1" sections of ice cream and place in pan and freeze. Cook over low heat till thick chocolate, sugar, butter and milk. Layer on top of ice cream and freeze. Top with layer of cool whip and sprinkle oreo reserve, freeze. Allow to stand out 10-15 minutes before cutting to serve.

Janet Storm

GRILLED CHICKEN MARINADE

1 1/2 salad oil
1/8 cup worcestershire sauce
2 1/4 t. salt
1/2 cup wine vinegar
2 garlic cloves
3/4 cup soy sauce
2 T. dry mustard
1 T. pepper
1 1/2 t. parsley flakes
1/3 cup lemon juice (fresh)

Combine all ingredients and mix well in blender. Makes about 3 1/2 cups. Marinade chicken for 24 hours before grilling.

Sara Moe

CHEESE BREAD

1 cup milk
2 T. sugar
1 envelope dry yeast
5 cups flour
3 t. salt
1 T. butter
1 cup warm water
2 cups (8 oz.) cheddar cheese (grated)

Directions: Scald milk with sugar, salt, butter in small saucepan (cool just until warm).

Spinkle yeast into warm water. Stir until yeast is dissolved, stir in cooled milk mixture. Beat in 2 cups clour to form a smooth soft dough. Beat in cheese gradually, beat in remaining 3 cups flour to make a stiff dough. Knead until smooth. Place in greased bowl, cover let rise in warm place for 1 hour or until double. Punch down and knead. Shape into 2 balls. Put into 2 round 8 inch cake pans, let rise 1 hour then bake 50 minutes at 350°.

Stacy Gary

CHINESE BRAISED BEEF CASSEROLE

1 lb. ground beef
1 cup chopped celery (juliened)
1 cup raw rice
1 pint size can mushroom soup
1 can celery soup (cream style)
1 pint chicken stock
1 cup chopped onion
4 T. soy sauce
1 4 oz. can mushroom stems + pieces

Braise beef, add all other ingredients. Put in a 9x13 pan. Bake in a 350° oven about 45 minutes, covered with aluminum foil. Remove foil and bake about 15 minutes more. Remove from oven and top with Chow Mein noodles.

Irene E. Webrand

BARBECUED MEATBALLS

3 lbs. ground beef
1 cup oatmeal
2 eggs
1/2 t. garlic powder
1/2 t. pepper
1 can (12 oz.) evaporated milk
1 cup cracker crumbs (soda)
1/2 cup chopped onion
2 t. salt
2 t. chili powder

Sauce:
2 cups catsup
1/2 t. liquid smoke (to taste)
1/4 cup chopped onion
1 cup brown sugar
1/2 t. garlic powder

To make meatballs: Combine all ingredients. This mixture will be very soft and shape into golf ball size balls. Place meatballs in a single layer on wax paper and lined cookie sheet to freeze to make before hand until frozen solid. Store frozen meatballs in freezer balls to store until ready to use.

To make sauce: Combine all ingredients and stir until sugar is dissolved. Place fresh or frozen meatballs in 9x13 baking pan and pour sauce over. Bake 350° for 1 hour.

This recipe is great for potlucks. Recipe can be cut in half for family use.

Betty Walter

PARSLEY SALAD

1 lb. fresh mushrooms, sliced
2 bunches green onions, chopped
1/2 lb. Swiss cheese, grated or slivered
1/2 bunch parsley, chopped

Just before serving toss with:

1/2 cup oil
3 t. Cavender Greek seasoning
1/4 cup red wine vinegar

Darlys Braun

VEGGIE PIZZA

2 tubes crescent rolls
1/2 t. garlic powder
1/2 t. seasoned salt
2/3 cup mayonnaise
1 8 oz. pkg. cream cheese
1/2 t. dill weed
assorted chopped vegetables
1 T. minced onion

Unroll crescent rolls and spread on cookie sheet (or 2 12" pizza pans). Bake according to package directions. Mix cream cheese, mayonnaise, garlic powder, dill weed and seasoned salt. Spread on cooled, baked rolls. Cover with sliced carrots, broccoli, cauliflower, green and red peppers, onions, cucumbers (whatever you choose). Top with cheddar cheese.

Norma Gress

BREAKFAST BAKE

2 1/2-3 cup croutons (onion & garlic) (onion & garlic)
2 1/2 cups milk
1 lb. frozen hash browns
2 cups grated cheddar cheese
1/4 t. salt
1 1/2 lbs. sausage browned & drained (or ham or bacon)
1 can cream of mushroom soup
4 eggs (beaten)
3/4 t. mustard
1/2 cup milk

Spread 1 1/2 cups cheese over croutons in a 9x13 pan. Spread sausage over cheese. Mix eggs, milk, salt and mustard together and pour over top of mixture.

Cover and refrigerate overnight. Dilute soup with 1/2 cup milk and pour over all. Put hash browns on top, then remaining cheese. Bake at 300° for 1 1/2 hours. Let sit 5 minutes before cutting. Serves 6-8.

Kathleen Gerjerts

AWARD-WINNING SALAD

1 - 3 oz. pkg. orange jello
1 cup Miracle Whip salad dressing
1 cup grated carrots
1/4 cup or one small chopped onion
1 cup boiling water
1 cup cottage cheese
1 cup finely chopped celery
1/2 cup or less chopped green pepper

Dissolve jello in boiling water. Add Miracle Whip. When cool, add all ingredients. Pour into mold or Pyrex dish.

Bonnie Olsen

ORANGE TAPIOCA SALAD

1 small can mandarin oranges, drain and reserve juice
1 - 8 oz. cool whip, thawed
2 pkg. tapioca pudding
1 - 3 oz. pkg. orange jello

Add water to reserved juice to make 3 cups liquid. Mix with pudding and jello. Heat till tapioca is soft and clear. Meanwhile, cut orange sections in half. Stir oranges into jello/tapioca mixture. Cool. Stir in 8 oz. container of cool whip. Refrigerate.

Variation: substitute for oranges/orange jello
1 - 16 oz. pkg. strawberries in syrup (thawed)
1 - 3 oz. pkg. strawberry jello

Marcie Knudson

OATMEAL CAKE

1¼ boiling water **1 cup quick oatmeal**
1 stick margarine

Pour boiling water over oatmeal and add margarine. Cover with tight lid, let stand 20 minutes.

2 eggs **1 cup white sugar**
1 cup brown sugar

Beat eggs and add sugars. Beat hard.

Sift:
1 t. soda **1⅓ cups flour**
1 t. baking powder **1/2 t. cinnamon**
1/2 t. nutmeg **1/2 t. salt**

Add sifted ingredients to oatmeal mixture then beaten egg & sugar mixture.

Bake in 350° oven for 35 minutes.

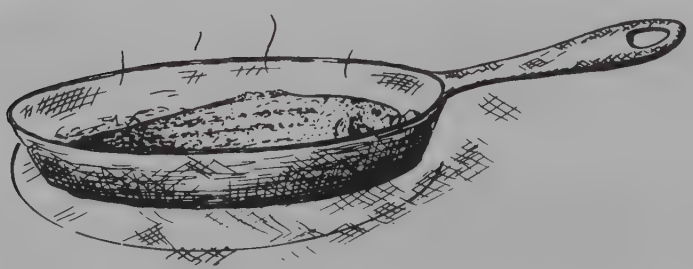
Frosting:
1/2 cup milk **2½ T. flour**

Bring milk and flour to boil – cook into paste. Cool thoroughly.

Mix together:
1/2 cup white sugar (or brown) **1 stick margarine**

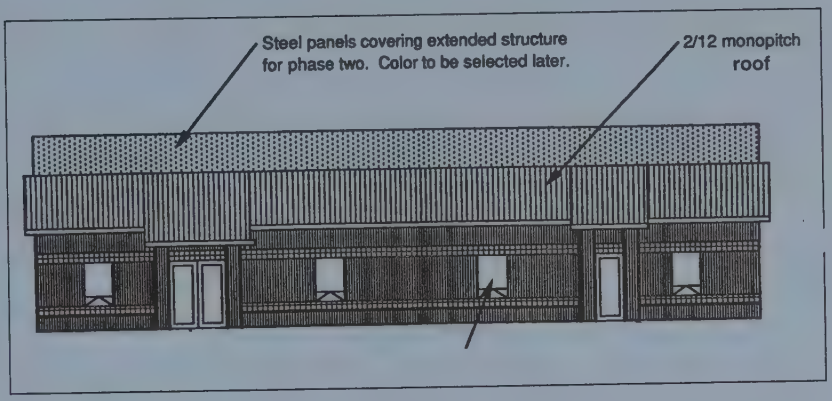
Add flour mixture – keep beating like the dickens! Then add 1 cup powdered sugar. (I added a little salt and vanilla.)

Esther Johnson

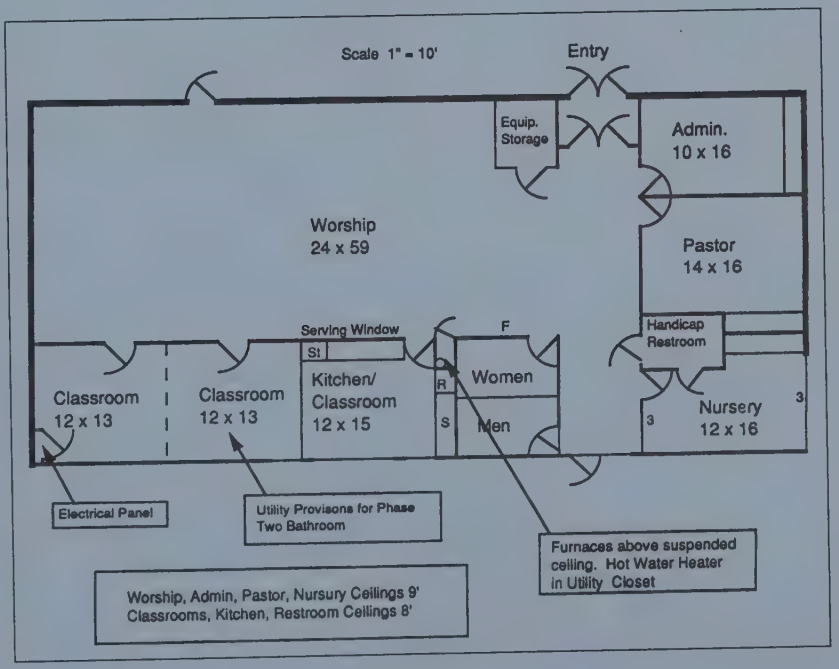


Prairie Springs Church

120 West 4th Street (office)
Cedar Falls, Iowa



Exterior



Interior

Proposed Activity Center

Prairie Springs Church is a church for those who have never been in church. Our goal is to help people ask the spiritual questions they have, and find answers in an open and supportive atmosphere.

All who wish to explore God's place in their lives are welcome. We make people as comfortable as we can as they visit us. Dress is casual and worship activities are explained so even the newcomers can feel like they can fully understand what is happening.

Our founding pastor is Tony Hershey. Arriving in July, 1994, he brought with him 15 years experience in inter-denominational campus ministry, where being relevant and understanding is crucial to effective ministry.

Our first worship service was held October 23, 1994. In our first months of ministry, attendance has averaged around 70. Worship services are contemporary and focused on God's love and power.

We believe Jesus came to change lives and to give us the power to set others free. In our first months we have seen many changed lives. A number of people have had new experiences with Jesus as their Lord and Savior. We've witnessed God's healing and freeing power as well.

On Palm Sunday 1995 our first class of 14 members was received. Visitors are welcome to participate in our activities for as long as they wish without being members. Our goal is not to create members, but to help people become growing disciples of Jesus Christ. If membership is desired, though, membership vows are taken seriously. New members must commit themselves to a ministry team and actively model a life of Christian integrity.

Currently we are worshiping in the American Legion Hall. Renting suitable space in Cedar Falls has turned out to be much harder than expected. We are looking into building our own facility as a solution. Yet our focus will always be people, not buildings.

We will continue to build a congregation in which people from all lifestyles are welcome, and will call people to a balanced life of personal faith and community involvement.

SUNDAY MORNING BANANA MUFFINS

1/2 cup vegetable shortening
1 egg
1 t. vanilla
1/2 t. nutmeg
1 cup sugar
3 mashed, very ripe bananas
1 1/2 cup flour
1 t. soda dissolved in 1 T. water

Cream together shortening and sugar. Add egg, mashed bananas and vanilla. Sift nutmeg with flour. Add to shortening mixture. Add soda water. Beat *only* until blended – NO LONGER!

Bake at 350° for 20-25 minutes. Makes 18 muffins. These are delicious, freeze well, and never fail. Don't worry about the size of the bananas.

Bonny Nelsen

BANANA BREAD

3/4 cup shortening
1 1/2 cup mashed bananas
1 T. vanilla
1 t. baking soda
1/2 cup sour milk (to make sour, add 1 or 2 T. vinegar)
1 1/2 cup sugar
2 eggs
2 cups flour
1 t. salt

Cream the shortening and sugar. Blend in the mashed bananas, the eggs, and the vanilla. Add the flour, baking soda, and salt alternately with the sour milk. Put in a 9x5x3 loaf pan. Bake for 1-1 1/2 hours at 350°.

NOTE: You can add 1/2 cup of nuts if you want to.

Mandy Forry

SPINACH ORANGE SALAD

Dressing:
1/4 cup vegetable oil
2 T. white vinegar
1/2 t. salt
dash of tabasco
2 T. sugar (more if desired)
1 T. snipped parsley
1 1/4 t. black pepper

Salad ingredients:
fresh spinach
2 T. chopped green onion tops
1 cup thinly cut celery
1 (11 oz.) can mandarin oranges, drained

Over medium heat brown 1/4 cup sliced almonds and 4 t. sugar, watching closely.

Prepare salad ingredients. At serving time add dressing and almonds. Toss lightly.

Kathy Anderson

EGG SOUFFLE SAUSAGE CASSEROLE

3 cups herb croutons
1 1/2 lb. link sausage (cut in thirds) or regular sausage
3/4 t. dry mustard
1/2 soup can of milk
2 1/2 cups American cheese, shredded
4 eggs
2 1/2 cups milk
1/2 can cream of mushroom soup
1/2 can golden mushroom soup (or 1 can of either kind)

Place croutons on bottom of 9x13 greased pan. Sprinkle cheese on top. Brown sausage and drain and put on next. Beat eggs with 2 1/2 cups milk and add mustard. Pour over the rest. Cover and refrigerate overnight. Dilute soup with the 1/2 cup milk and pour over casserole before baking. Bake uncovered at 300° for 1 1/2 hours.

Joan Sawyer

CUB SCOUT CASSEROLE

1 pkg. macaroni & cheese dinner
1 can cream of mushroom soup
2 T. butter or oil (if needed)
1 lb. ground beef
2 T. chopped onion
1/2 cup milk

Prepare macaroni and cheese dinner as directed on box. Brown meat and onion in butter or oil, if needed. Stir in soup and milk. In greased 1 1/2 qt. casserole dish layer half the dinner and half the meat mixture. Repeat layers. Bake at 350° for 30 minutes or until hot.

Pat Van Hauen

CHICAGO STYLE PIZZA

1 pkg. (1/4 oz.) dry yeast
3 1/2 cups flour
2 T. olive oil
1/2 t. salt
1 cup warm water
1/3 cup corn oil
1/2 t. sugar

Mix yeast with warm water. With food processor, mixer, or by hand mix in remaining ingredients until dough forms a ball. Cover and let rise in warm place 1 hour. Divide dough into three sections and place in pans for baking (recipe makes crust for 3 - 10" pizzas). Let rise for another hour. Press dough into bottom and slightly up sides of pans. Top with all your favorite pizza toppings (a chunky style herb flavored pizza sauce makes this better than the best). Bake at 400°-425° for 20-25 minutes.

Jane Richards

DONNA'S CHOCOLATE CAKE (NO EGGS)

2 cups sugar
1/2 cup cocoa
1 t. vanilla
2/3 cup salad oil
2 cups cold water
3 cups flour
1 t. salt
2 t. soda
2 T. vinegar

Combine above ingredients in a large mixing bowl. Mix till well blended. Grease and flour 9x13 cake pan. Pour batter in pan and bake for approximately 45 minutes at 350°. Do not overbake.

Ann Donat

MOLASSES COOKIE (CRINKLE TOP)

3/4 cup oil
1/4 cup molasses
2 cups flour
1/2 t. ginger
1/2 t. salt
1 cup sugar
1 egg
2 t. soda
1 t. cinnamon

Blend oil, sugar, molasses, and egg till smooth. Add dry ingredients. Form dough into balls. Roll in sugar. Place on ungreased cookie sheet and bake 10-15 minutes at 375°. Cool.

Ann Donat

COLE SLAW

1 T. plain gelatin
1 cup vinegar
1 1/2 cup sugar
1/4 t. black pepper
1/4 cup cold water
1 cup salad oil
1 t. celery seed
1 t. salt

Vegetables:
8 cups shredded cabbage
1 green pepper, minced
3 carrots, shredded
1 small onion, grated

Soak gelatin in cold water. Set aside. Heat vinegar and sugar gently until sugar dissolves. Remove from heat. Add seasoning and gelatin. Beat in salad oil. Combine with vegetables, toss until vegetables are coated and moist.

Refrigerate 24 hours before serving. Will keep several days up to a week.

Phyllis Donat

ANN'S POTATO SOUP

6 to 8 slices of bacon
1/2 or 1 onion, finely chopped
1/2 cup butter
2 T. chicken soup mix
1 cup grated cheese or Velveeta
4-6 large potatoes, shredded
2-3 carrots, shredded
3/4 cup flour
4 cups milk

Fry bacon until crisp; crumble and set aside. In saucepan combine potatoes, onion, carrots, chicken soup mix. Add enough water to cover. Boil until potatoes and carrots are tender. Meanwhile, melt butter, then add flour and stir until smooth, cook about 1 minute. Add milk all at once, blending until smooth; cook until mixture thickens; add to partially drained vegetables. Add cheese and bacon. Serve hot. 6-8 servings.

Ann Donat

ROBIN'S APPETIZERS

1 lb. sausage, cooked, drained, pat dry
1 cup valley ranch dressing
4 1/2 oz. can of minced black olives
1 1/2 cup shredded cheddar cheese
1 1/2 shredded monterrey jack cheese
1/2 cup green or red pepper
1 pkg. wonton wrappers

Mix above ingredients together. Use tart pans, spray pans with vegetable spray. Put wonton wraps, one to each tart shape, shape skin to make cup. Spray top of wonton skin with vegetable spray. Bake skins for 7 minutes at 350°. Remove from oven and fill with meat and vegetable filling. Place on cookie sheet and bake for an additional 5-10 minutes at 350° serve hot.

Robin Niles

PARMESAN OVEN POTATOES

1 stick of margarine
1 cup flour
8 medium potatoes
1 cup Parmesan cheese

Melt margarine and put on jelly roll pan. Cut potatoes into bite size pieces. Mix together flour and cheese. Dip wet potatoes into mixture and place on pan with melted margarine. Bake at 375° 1 hour or until golden brown, turning once.

Mandy Forry

BROCCOLI CHEESE SOUP

1/3 cup margarine
1/3 cup flour
4 cups milk
12 oz. cubed Velveeta cheese
2 T. onion flakes or 1/3 cup minced onion
16 oz. frozen broccoli or 2 bunches fresh, steamed

Melt margarine in heavy sauce pan. Stir in onions and cook until moist (or clear if using fresh). Stir in flour. Add milk, broccoli, and cheese. Cook on medium heat stirring often until cheese is melted and soup is heated throughout. Serves 4-6.

NOTE: Can add carrots and/or cauliflower for variety.

Linda Hershey

EASY SLO-COOK ITALIAN BEEF

1 family-sized chuck roast
2 pkgs. Good Seasons Italian dry salad dressing mix
1 pkg. Good Seasons Garlic Herb dry salad dressing mix*
1 12 oz. can of beer (water may be substituted)

*** may substitute Mrs. Dash or other dry garlic & herb seasoning mix for salad dressing mix. (Approximately 1-1 1/2 T.)**

Trim visible fat from roast and cut into large chunks; place in crock pot or slo-cooker. Add seasoning mixes and beer/water. Slow cook on med-lo to medium setting approximately 8 hours, or until meat flakes easily for great sandwiches or to combine with noodles or rice. Couldn't be easier or more delicious.

Jane Richards

LOUISIANA RICE BEANS

1 lb. ground beef
1 no. 2 can tomatoes, chopped
1 green pepper, chopped
1/4 t. oregano
1/4 t. paprika
1/4 t. pepper
1 t. salt
1 no. 2 can red beans
1/4 cup chopped onion
2 stalks celery, chopped
1/4 cup parmesan cheese
1/4 t. basil
1/4 t. Italian seasoning
1/4 t. parsley
2 cups cooked rice (1/2 cup dry)

Brown ground beef and onion, drain. Add remaining ingredients. Pour mixture into casserole dish. Bake covered casserole at 350° until hot, then 275° for 2-3 hrs. (this recipe works well in a crock pot). 15 minutes before serving, top casserole with American cheese slices and let melt.

Kathy Anderson

OVERNIGHT SALAD

1 head lettuce, chopped
1 med. onion, chopped
1 lb. bacon, fried & crumbled
1/2 cup sugar
1 head cauliflower, broken
mayonnaise or Miracle Whip
1/3 cup parmesan cheese

Layer in 9x13 pan (in order given – left to right). Use just enough mayonnaise to cover lettuce, cauliflower, and onion. Spread to edges of pan to keep air from lettuce.

Cover for overnight. Refrigerate. Toss before serving.

Kathy Betts

CHOCOLATE RAISIN PIE

2 cups boiling water
2/3 cup sugar
dash of salt
1 T. butter
1 t. vinegar
1 cup seedless raisins
2 T. cocoa
2 T. flour
1 t. vanilla
2 unbaked pie crusts

In medium saucepan mix raisins, sugar, cocoa, salt, and flour. Slowly add the boiling water, stirring as you do. Simmer mixture about 5 minutes until thickened. Remove from heat and stir in the butter, vanilla, and vinegar. Bake between two pie crusts at 400° 40-50 minutes.

Pat Van Hauen

BURGER BUNDLES

1 cup herb seasoned stuffing mix
salt and pepper
1 T. catsup
2 T. worcestershire sauce
1 lb. hamburger
1/3 cup evaporated milk
1 can cream of mushroom or chicken soup

Mix hamburger with milk. Divide into 5 portions on waxed paper and flatten into 6 inch circles. Spoon about 1/4 cup stuffing into center of each. Draw edges together and seal. Place in casserole. Mix soup, catsup and worcestershire sauce. Heat and pour over meat. Bake 45-50 minutes at 350°. Serve with scalloped corn and buttered noodles.

Pam Houdek

INTERDENOMINATIONAL STEAK IN FOIL

1 can (small) tomato sauce
round steak
onion

Place 1/2 can (small) tomato sauce in center of large piece of foil on a cookie sheet. Place 1/2 a round steak or more on top. Salt & pepper to taste and top with onion slices and rest of tomato sauce. Place another piece of foil over top, seal edges and bake at 400° for 1 1/2 hours.

from a relative of Pat Van Hauen

GREEN BEANS GOURMET

1/4 cup butter or margarine
3/4 t. Italian herb seasoning*
1/4 t. garlic salt
14 oz. can artichoke hearts, drained, cut into quarters
1/4 t. marjoram leaves
9 oz. pkg. frozen french style green beans, thawed
2 oz. jar chopped pimento, undrained
1/2 cup chopped pecans (optional)
1/4 t. oregano leaves
1/4 t. basil leaves

*** 1/8 t. rubbed sage can be substituted for 3/4 t. Italian herb seasoning**

In 2 qt. saucepan melt butter over medium heat. Stir in all ingredients *except* artichokes and pecans. Cover; cook, stirring occasionally, until green beans are crisply tender (5-7 minutes). Stir in artichokes and pecans. Cover; continue cooking until artichokes are heated through (2-3 minutes).

Sue Kirkle

CINNAMON CRUST BUNDT CAKE

1 box Pillsbury yellow cake mix
1 t. vanilla
3/4 cup cooking oil
1 pkg. vanilla instant pudding
4 eggs
3/4 cup water

Mix and beat 8 minutes. Dust a large size (regular size) Bundt pan with a mixture of 1/2 cup sugar and 1 T. cinnamon, reserving extra. Pour in batter, alternating 1/3 batter, layer of cinnamon sugar, 1/3 of batter, layer of cinnamon sugar and 1/3 batter. Bake 45 minutes at 350°.

Pat Van Hauen

BBQ SAUCE FOR RIBS

1-2 t. chili powder
1 T. salt
1 - 8 oz. can (1 cup) tomato sauce
1/4 cup brown sugar
1/2 t. paprika
1/4 cup vinegar

Mix all ingredients together and put on meat.

Pat Van Hauen

TEXAS BROWNIES

Heat & stir to boiling:
1/2 cup butter
1 cup strong coffee
1/2 cup shortening
1/4 cup unsweetened cocoa

2 cups flour
1/2 cup buttermilk
1 t. baking soda
2 cups sugar
2 eggs
1 t. vanilla

Pour boiling mixture over all of this and mix well. Pour into greased jelly roll pan. Bake at 400° 17-20 minutes until done in center.

FROSTING:

Heat & stir to boiling:
1/2 cup butter
1/4 cup milk
2 T. cocoa

Mix into above until smooth:
3 1/2 cup powdered sugar
1 t. vanilla

Pour warm frosting over brownies as soon as they are done.

Pat Van Hauen

SUPER STEW

Brown meat in fat:
2 T. cooking oil or fat
2 lb. chuck, cut into 1 1/2" cubes

Add and brown:
1 onion diced or/equivalent onion flakes
1 clove garlic minced

Add while browning:
1 1/2 t. salt
1 t. sugar
dash pepper
1 T. lemon juice
1 t. Worcestershire sauce
1/2 t. paprika

Pour in:
4 cups boiling water

Bring to boiling. Reduce heat to simmer for 2 hours, covered. Stir occasionally.

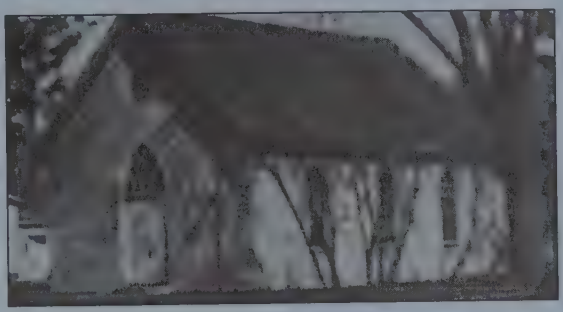
3 carrots, sliced
3 potatoes, diced
1/4 cup flour
1/2 onion, chunked
1/2 cup cold water

Add carrots, onion & potatoes and simmer 30 minutes. Mix flour and cold water and add to stew. Cook until gravy thickens and boils – a few minutes; stir while it thickens.

Pat Van Hauen

St. John American Lutheran Church

8th and College Streets
Cedar Falls, Iowa



First Church
Built in 1867

Second Church
Built in 1915

Third Church Built in 1952

Historical Sketch

The first move toward a Lutheran congregation in Cedar Falls was made by a cobbler, Mr. G. Boehmler, who came here from New York in 1858. He persuaded Rev. Kleinlein from near Denver to periodically come to Cedar Falls as a circuit rider. In 1865, Pastor Duerschner came to Cedar Falls. He, along with Mr. Boehmler and Mr. Hammerand, worked to gather enough money to build the first church in 1866 at the corner of 8th and Tremont streets. This first church measured 24'x26'.

From 1879 until 1915, nine different pastors served a struggling group of believers. During the short pastorate of Pastor Fritz (1913-1915), it was decided to erect a new church building. One of the major concerns in the building program was the selection of windows. The major part of these windows imported from Germany have been preserved in the present church. The congregation enjoyed a great period of growth from 1925-1935, despite hard economic times.

Pastor A.G. Schardt came to St. John in 1944. Again, there was a great period of growth, and soon two services were introduced. In 1944, the decision was made that a new church was needed. The new church (built at its present location of 8th and College streets) was dedicated on May 11, 1952, with over 2000 people attending. The Parish House was built in 1956, and the Administration-Educational building was dedicated in 1962. In 1973, Pastor Robert Jacobsen came to St. John. While he was at St. John, the former parsonage became a meeting hall for small groups and Sunday School. Also, the Clear Lake Retreat House was acquired, and the Preschool was started during this time.

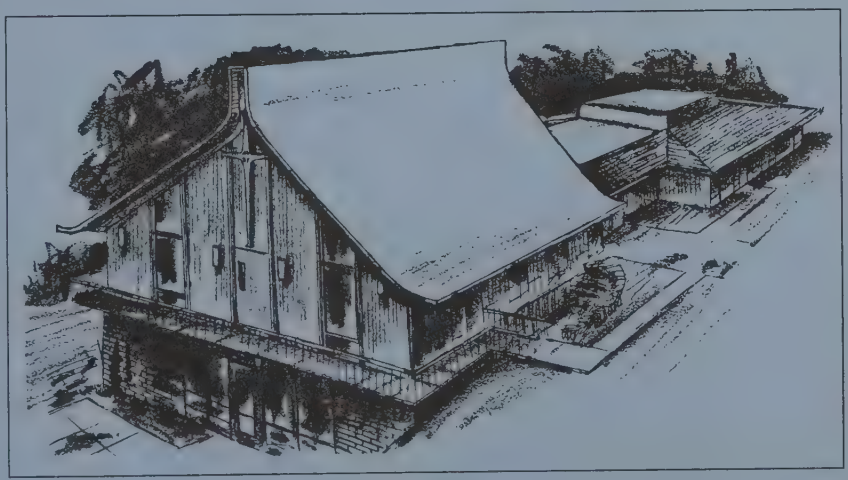
Pastor Stephen Lien currently serves as Senior Pastor, and Pastor Ron Nichols is the Associate Pastor, with Pastor Loretta Kuse serving as Visitation Pastor. St. John also has two Mission Partner Projects – one in Rio Rancho, New Mexico, headed by Pastor Jim Thompson and the other in Algonquin, Illinois, led by Pastor Mike Fish.

St. John has experienced much growth in the past few years. Current membership is in excess of 1600. On May 7, 1995, the congregation voted to begin plans for an addition to the present building.

St. Luke's Episcopal Church

2410 Melrose Drive
Cedar Falls, Iowa

Past



Present

One of the earliest established churches in Cedar Falls, St. Luke's had its first gathering in the little school house on the corner of 5th and Main Streets in 1853. Thirteen years later in 1868 a church building was erected on the corner of 7th and Main. That building served the parish until 1918 when it was completely rebuilt and dedicated on the same site. The congregation worshipped in this location until the mid-60's when ground was broken at the end of Seerley Boulevard to erect the structure that currently houses St. Luke's. In the interim, until the dedication in 1967, the parish met in the basement of the then EUB church at 9th and Clay.

During its 142 years of existence, St. Luke's has experienced both difficult and boom times that have taken it from mission to full parish status in the Diocese of Iowa. Some thirty-three priests have guided St. Luke's over those years. Until shortly after World War II the priest often served congregations in Waterloo or Waverly, as well.

Today programming includes Sunday and mid-week services, Sunday and vacation Bible school, weekly Bible study, two choirs, a 39ers seniors group, Education For Ministry classes, lay eucharistic ministry and visitation, UNI campus ministry, and regular outreach into ecumenical and community action programs. Special events include the annual St. Luke's Lasagna Dinner, a dining experience many in the city look forward to.

Currently the parish is into a building project to improve handicap access and add a new parish hall wing. With a congregation of diverse ages and backgrounds, St. Luke's is optimistic that by the grace of God it will continue to flourish throughout its second century of existence.

QUICK STIR-FRY

1/2-1 lb. stir-fry chicken (skinned, boned, cut into pieces)
1 T. chili puree with garlic
1 - 6 oz. pkg. frozen peapods
white rice
cooking oil
soy sauce (to taste)
1 - 16 oz.pkg. frozen stir-fry veggies
3-4 carrots, sliced thin

Heat small amount of cooking oil in frying pan. Add chicken. Cook, on medium high, stirring frequently, until done.

Add remaining ingredients. Stir frequently. Cook till done.

Serve on white rice. Serves 4-6.

Ann Marie Basom

CHICKEN BREAST-ARTICHOKE-MUSHROOM CASSEROLE

4 chicken breasts, cut in half or 8 pieces
2 jars artichoke hearts, drained
1 - 14 oz. can chicken broth
salt, pepper & paprika
6 T. margarine
2 sm. cans sliced mushrooms, drained
1/4 cup flour
1/2 cup sherry
1/4 T. crushed dried rosemary

Sprinkle salt, pepper and paprika on chicken. Brown in 4 T. margarine. Place chicken in greased casserole. Put 2 T. margarine in skillet with drippings & mushrooms. Sprinkle flour until blended. Add sherry and rosemary. Simmer a few minutes. Place artichokes between and around chicken. Pour drippings, mushrooms, gravy over chicken. Cover. Cook 45 minutes to 1 hour at 375°. Serve over rice. Serves 6-8.

Adele Davis

STIR FRIED CHICKEN AND CASHEWS

2 chicken breasts cut into 1/2" cubes
1 T. dry sherry
1 cup raw cashew nuts
2 T. chopped green onion
2 T. hoisin sauce
2 T. soy sauce
1/2 t. sugar
2 T. oil
1 clove garlic

In medium bowl combine chicken, soy sauce, sherry and sugar; marinate 30 minutes. In 12" skillet or wok, stir fry cashews in hot oil over high heat for 1-2 minute or until brown. Remove from wok and set aside. Add chicken mixture, onion, and garlic to skillet. Stir fry over high 2-3 minutes. Stir in hoisin sauce and cashews. If desired sprinkle with green onion and garnish with green onion fans. Serve with hot rice.

Diane L. Lyman

3 BEAN SALAD

1 can kidney beans, drained
1 can green beans, drained
1 cup bite sized celery
1 med. green pepper cut into julienne strips or circles
1 can yellow wax beans, drained
1 cup carrots, sliced
1 med. onion sliced into circles & separated

Add if you wish – red pepper or garbanzo beans

Dressing:
1/2 cup sugar
1/2 T. coarsley ground pepper
1/3 cup salad oil
1 T. salt
2/3 cup vinegar

Dressing is best if mixed with blender. Toss lightly and pour dressing over salad. Store covered in refrigerator at least overnight. Improves with age!

Marilyn M. Boysen

OATMEAL CRISPIES

1 cup shortening
1 cup granulated sugar
1 t. vanilla
1 t. salt
3 cups quick-cooking oats
1 cup brown sugar
2 well-beaten eggs
1 1/2 cups sifted flour
1 t. soda
1/2 cup chopped California walnuts

Thoroughly cream shortening and sugars; add eggs and vanilla; beat well. Sift dry ingredients; add to creamed mixture. Add oats and nuts; mix well. Shape in rolls; wrap in waxed paper and chill thoroughly. Slice 1/4 inch thick; bake on ungreased cookie sheet in moderate oven (350°) 10 minutes. Makes 5 dozen.

Dean Talbott

GARBANZO BEAN SOUP

6 slices bacon
1 lb. beef shank
6 cups water
2 - 15 oz. cans (3 1/2 cups) garbanzo beans
1 - 4 oz. link Polish sausage, thinly sliced
1 medium onion, thinly sliced
3/4 lb. ham hock
2 t. salt
3 cups diced potatoes (4 medium)
1 clove garlic, minced

In Dutch oven, cook bacon till crisp; drain, reserving 2 tablespoons drippings. Crumble bacon and set aside. Add sliced onion to reserved drippings in pan. Cook till tender but not brown. Add beef shank, ham hock, water, and salt. Cover and simmer 1 1/2 hours. Remove meat from beef shank and ham hock and dice; discard bones. Carefully skim fat from broth. Return diced meat to soup; add undrained beans, potatoes, and garlic. Simmer, covered, for 30 minutes more. Add sausage and the crumbled bacon. Continue simmering, covered, for 15 minutes.

Alice Talbott

POTTED MEAT

1 lb. lean boneless stewing beef
1 t. salt
1 t. mace
1/2 cup clarified butter
1/2 cup med. dry Madeira wine or sherry
1 t. freshly ground pepper

Trim the meat of all skin and fat and cut into 1/2 inch cubes. Place in small heat-proof bowl and add the wine and seasonings. Cover tightly. Stand bowl in a medium saucepan and add boiling water to two-thirds depth of bowl. Cover bowl and simmer 2 1/2 to 3 hours or until meat is tender. Top off boiling water as it evaporates. Remove from heat and cool. Transfer meat to food processor and process to a fine puree. With machine running, gradually add three-fourths of cool clarified butter. Continue to process until well blended. Adjust seasoning. Spoon into a large pot or into individual pots. Spoon a thin film of remaining butter over pots, being sure to cover meat completely. Serve at room temperature.

Betty Voldseth

RICH SHORTBREAD

1 1/2 cups all-purpose flour
5 to 6 tablespoons sugar
1/2 cup (1 stick) sweet butter, cubed
1 large egg yolk, lightly beaten

Lightly butter an 8-inch square, nonstick baking pan. Preheat oven to 350°. Rub flour into butter until sand like in texture. Toss in 4 T. of sugar, mixing well. With fork, mix in yolk to form rough, dryish paste. Press mixture evenly into pan. Prick all over in rows of 1/4 inch intervals. Sprinkle with remaining 1 to 2 tablespoons of sugar. Bake 20 minutes. Reduce oven temperature to 200°. Continue baking 50 to 60 minutes, or until golden brown. Cut into 1 by 2-inch fingers while still warm. Leave to cool completely in the pan.

Bonita Payne

EDWARD'S NO-EGG NO-WHEAT COOKIES

1 stick margarine or butter
1 t. vanilla
1/4 cup milk
1/2 cup oat flour
1/2 t. soda
1 cup chocolate chips
1 cup brown sugar (or 1/2 white and 1/2 brown)
1/4 cup peanut butter (opt.)
1/2 cup soy flour
1 1/2 cup old-fashioned oats

Freeze dough for two days (or more if desired). Otherwise cookies will be too flat. Form into balls & refreeze before baking. Preheat oven & pan. Bake at 375°F until brown.

Mary Ann Haines
Diane Lyman's mother

BRANDY SNAPS

8 T. unsalted butter, softened
5 t. light corn syrup
1/2 cup all purpose flour
1/4 cup brandy
1/4 cup confectioners' sugar
1 t. molasses
1/2 t. ground ginger
2 t. finely grated lemon peel

Preheat the oven to 350°. Coat a large baking sheet with one tablespoon softened butter. Coat the handle of a long wooden spoon with another tablespoon of butter. Set aside. In heavy 10 or 12 inch skillet, bring 4 tablespoons of butter, 1/4 cup sugar and the syrups to boil over moderate heat, stirring until butter melts and sugar dissolves. Remove pan from heat. With a large spoon, gradually beat in flour, ginger, brandy and lemon peel. Continue beating until smooth. Drop batter by teaspoonful onto baking sheet, spacing cookies about 4 inches apart. Bake in middle of oven 8 to 10 minutes, or until cookies spread into 3-4 inch rounds and turn a golden brown. Turn off heat and open oven door, but leave cookies in oven to keep warm. Working quickly remove one cookie at a time with a metal spatula and roll it into a tube around the butter-coated handle of a long wooden spoon. Use remaining 2 tablespoons of butter to keep the spoon handle well coated.

OPTIONAL FILLING: 1 1/2 cups heavy cream; 1/4 cup confectioners' sugar; 2 tablespoons brandy. Just before serving, beat cream until it thickens slightly. Add 1/4 cup sugar and beat until cream forms stiff peaks. Gently fold in brandy with a rubber spatula. Fill pastry bad and pipe it into brandy snaps. Serve at once.

Betty Voldseth

QUEEN ALEXANDRA'S SANDWICHES

20 to 24 slices brown bread
1 cup ground cooked chicken breast
salt and pepper
2 drops Tabasco
picked watercress leaves or mixture of watercress and mustard leaves
Mustard butter
Mayonnaise to bind to spreadable paste
10 to 12 thin slices beef tongue

Mix chicken and mayonnaise to spreadable paste with a fork. Season well. Spread 10 to 12 slices of the bread with Mustard Butter. Lay on slices of tongue, spread with chicken mixture, then the cress. Top with second slice of bread. Trim off crusts and cut into dainty squares.

Mustard butter:
2 cups (4 sticks) sweet butter, softened
1/4 cup mild French mustard
1 T. lemon juice

Beat everything to a smooth paste. Pack into plastic container and chill until needed in freezer or refrigerator. Bring to room temperature before using.

Sue Jacobsen

VICTORIAN CUCUMBER SANDWICHES

1 - 12 inch cucumber
1 T. good virgin olive oil
scant t. sugar
salt
1 T. lemon juice
white pepper

Cut cucumber as thin as possible. Very lightly salt the slices and leave them to drain in a colander, lightly weighted with a plate, for two hours or so, pressing from time to time to get rid of excess juices. Combined drained cucumber slices with oil, lemon juice, sugar and a dredge of white pepper. Spread thin slices of white or brown bread with creamed butter. Place sliced cucumbers on bread at last possible moment to avoid sandwiches becoming soggy. Trim crusts and cut bread to desired size and shape. Top each sandwich with a second slice of bread.

Norma Caquelin

SALLY LUND TEA CAKE

4 T. (1/2 stick) sweet butter
1 t. superfine sugar
2 eggs, beaten
1 t. salt
3/4 cup milk
1 T. dry yeast
3 cups white bread flour

Glaze: 2 tablespoons sugar mixed with 2 tablespoons water

Variation: Add 2 cups dried fruits with the flour

Grease 2 five-inch cake pans or 2 one-pint soufflé dishes. Over low heat, slowly melt butter in milk with sugar. Sprinkle with yeast and leave 10 minutes in a warm place until frothy. Beat in eggs. Sift flour and salt together in large bowl, add liquid, and mix well. Turn out onto lightly floured surface and knead 10 minutes. Shape into 2 balls and place in prepared pans. Place in oiled plastic bags and leave in warm place for about one hour, or until dough fills pans. Preheat oven to 450°. Bake about 20 minutes or until golden brown. Turn onto wire rack and glaze while still hot. Serve hot, sliced horizontally and buttered. Also may be served thickly sliced and toasted.

Mary Beckman

TOMATO ASPIC SALAD

2 cups tomato juice
1 T. vinegar
1/3 cup finely chopped cucumber
1 T. chopped stuffed olives
(or more if desired)
1 pkg. (3 oz) lemon jello
1/4 t. salt
1 t. finely chopped green onion
1 T. green pepper
(or more if desired)

Heat one cup tomato juice to boiling. Pour over jello and stir until dissolved. Add remaining tomato juice and vinegar. Fold in remaining ingredients. Turn into a ring mold or individual molds. Chill until firm. Unmold on curly endive or lettuce (shredded). Add a dollop of mayonnaise. Garnish with shrimps if desired.

Florence Cowan (deceased)

VICTORIAN POPPY SEED CAKE

1/2 cup dark poppy seeds
3/4 lb. (3 sticks) unsalted butter, softened
1 T. grated orange rind
2 cups sifted cake flour
1/2 cup milk
1 1/2 cups granulated sugar
2 T. grated lime rind
8 eggs, separated, at room temp.
3/4 t. salt

Soak poppy seeds in milk for 4 hours or more. Rinse the seeds under cold running water. Drain well. Preheat oven to 350°. Grease and flour a Bundt pan or a 10-inch tube cake pan. Cream butter and gradually beat in 1 1/4 cups granulated sugar. Beat in grated lime and orange rinds and poppy seeds. Add egg yolks, one at a time, beating well after each addition. Continue beating for about 5 minutes or until mixture is very light and creamy. In a large mixing bowl, beat the egg whites until soft peaks form. Add remaining 1/4 cup sugar and beat until peaks are stiff but not dry. Sift flour and salt over egg yolk mixture one-third at a time, folding in after each addition. Gently fold in quarter of egg whites, then fold in rest. Pour batter in prepared pan. Bake one hour or until tester in center comes out clean.

Make syrup in glass measuring cup by combining 1/2 cup fresh lime juice and 1/4 cup fresh orange juice. Stir in 1/3 cup of superfine sugar until it has completely dissolved. Immediately on removing cake from oven, prick top with a long-tined fork or thin skewer. Pour syrup all over the top. Cool in pan so syrup soaks in and adds a tangy flavor.

Evelyn Wood

QUEEN ADELAIDE'S SANDWICHES

20 to 24 slices brown or white bread
1/2 cup heavy cream
salt and freshly ground pepper
tomato curry and orange butter
1 cup ground cooked chicken breast
1 scallion, finely minced
1 cup ground lean ham (not smoked)

Combine chicken, ham, and scallion in bowl. Season with salt and pepper and bind with enough cream to form a thick, spreadable paste. Lightly butter 10 to 12 slices of bread with curry butter and spread with layer of filling. Top with second slice of bread. Trim crust and cut as desired.

Ruth Buck

TOMATO CURRY AND ORANGE BUTTER

2 cups (4 sticks) sweet butter, softened
1 t. finely grated orange rind
1 t. salt
2 T. good tomato puree
1 heaping t. mild Madras curry powder

Mix all the ingredients together in a blender. Rub through a fine sieve. Put into plastic containers and chill until needed in either the freezer or refrigerator. Bring to room temperature before using.

Ruth Buck

VICTORIAN CUCUMBER SANDWICHES

1 - 12 inch cucumber
1 T. good virgin olive oil
scant t. sugar
salt
1 T. lemon juice
white pepper

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Norma Caquelin

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1 t. superfine sugar
2 eggs, beaten
1 t. salt
3/4 cup milk
1 T. dry yeast
3 cups white bread flour

Glaze: 2 tablespoons sugar mixed with 2 tablespoons water

Variation: Add 2 cups dried fruits with the flour

Grease 2 five-inch cake pans or 2 one-pint soufflé dishes. Over low heat, slowly melt butter in milk with sugar. Sprinkle with yeast and leave 10 minutes in a warm place until frothy. Beat in eggs. Sift flour and salt together in large bowl, add liquid, and mix well. Turn out onto lightly floured surface and knead 10 minutes. Shape into 2 balls and place in prepared pans. Place in oiled plastic bags and leave in warm place for about one hour, or until dough fills pans. Preheat oven to 450°. Bake about 20 minutes or until golden brown. Turn onto wire rack and glaze while still hot. Serve hot, sliced horizontally and buttered. Also may be served thickly sliced and toasted.

Mary Beckman

TOMATO ASPIC SALAD

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1 T. vinegar
1/3 cup finely chopped cucumber
1 T. chopped stuffed olives
(or more if desired)
1 pkg. (3 oz) lemon jello
1/4 t. salt
1 t. finely chopped green onion
1 T. green pepper
(or more if desired)

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1/2 cup milk
1 1/2 cups granulated sugar
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8 eggs, separated, at room temp.
3/4 t. salt

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Ruth Buck

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1 t. finely grated orange rind
1 t. salt
2 T. good tomato puree
1 heaping t. mild Madras curry powder

Mix all the ingredients together in a blender. Rub through a fine sieve. Put into plastic containers and chill until needed in either the freezer or refrigerator. Bring to room temperature before using.

Ruth Buck

TRIPLE-LAYER CHOCOLATE CAKE

2 1/4 cups all purpose flour
3/4 cup (1 1/2 sticks) butter, room temperature
1 1/2 t. baking soda
1 1/2 t. baking soda
3/4 cup milk
1 1/4 t. baking powder
1 cup coarsely chopped toasted walnuts
1 3/4 cups sugar
3/4 cup milk
4 oz. unsweetened baking chocolate, melted
1 t. salt
3 eggs
1 t. vanilla
1 cup toasted walnut halves

Preheat oven to 350°. Grease three 9" layer cake pans. Sift flour into large bowl. Add sugar, butter, 3/4 cup milk, chocolate, baking soda and salt, and beat with electric mixer 2 minutes at medium speed. Add remaining milk, eggs, baking powder and vanilla and beat 2 minutes more. Pour into prepared pans and bake in middle of oven 30 minutes, or until cakes test done and have pulled away slightly from sides of pan. Allow to cool completely on racks. Place first layer on plate and frost. Sprinkle with half the chopped nuts. Repeat with second layer, using remaining chopped nuts. Top with third layer and frost top and sides of cake. Decorate top of cake with toasted walnut halves.

Alice Talbott

RICH CHOCOLATE FROSTING

6 to 8 oz. (6-8 sq.) unsweetened baking chocolate
6 T. Creme de Cacao
1 T. vanilla
3/4 cup (1 1/2 sticks) butter
4 cups sifted powdered sugar
2 eggs
pinch of salt

Soften chocolate and butter in top of double boiler over hot, not boiling, water. Stir in remaining ingredients. Place top of double boiler in bowl of ice and beat frosting with electric mixer about 5 minutes, or until it reaches spreading consistency.

Alice Talbott

DELICIOUS COFFEE CAKE

1 box white cake mix
1/2 cup salad oil
1 - 8 oz. carton sour cream
1 pkg. instant vanilla pudding
4 eggs
2 T. vanilla

Filling:
3/4 cup sugar
2 t. cinnamon
2 t. cocoa
3/4 cup chopped nuts

Mix filling together and set aside. Pour 1/3 of batter in an angel cake pan. Sprinkle 1/2 of filling over batter and swirl. Repeat leaving enough for some on top. Bake at 325° for 50-60 minutes.

Nancy Jobson-Foster

WILD RICE SOUP

1 lb. ground beef, brown, then add:

1 t. salt
1 T. Italian seasoning
3 cups water
2 cubes beef boullion
3 lg. stalks celery, cut up
3 large onions (chopped)
1 cup wild rice
3 drops Tabasco sauce
1/2 t. pepper

Add:
3 cans cream of mushroom soup
2 more cans of water

Dump all together. Cook 30 minutes or until rice is tender. (on low covered). Stir every now and then. Serves 8-10.

Nancy Foster

BROCCOLI-CORN CASSEROLE

1 - 10 oz. pkg. chopped broccoli
1 can cream style corn
1 t. salt, pepper to taste
1 cup herb stuffing mix
1 egg
1 T. grated onion
3 T. melted butter

Pour boiling water over broccoli, drain at once. Combine beaten egg, broccoli, corn, onion, salt & pepper. Combine melted butter and stuffing mix. Set aside 1/4 of the stuffing to sprinkle on top. Add remaining to vegetables. Bake uncovered at 350° for 35-40 minutes in greased baking dish.

Joanne Osing

GLAZED VEGETABLE MELANGE

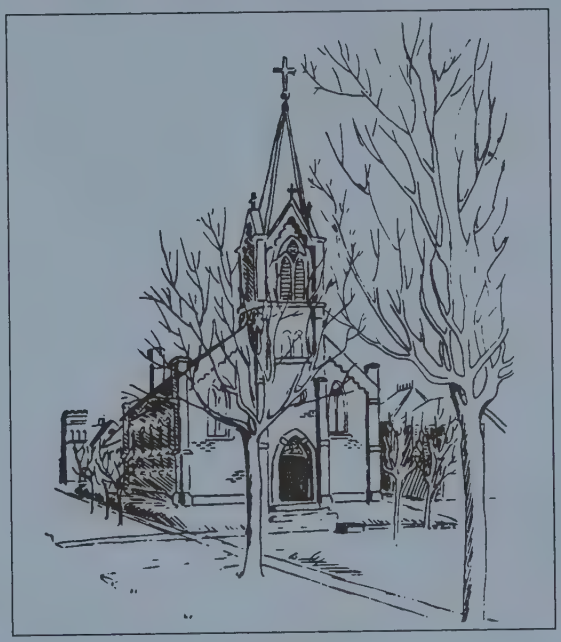
1 lb. baby carrots
3/4 cup rutabaga, diced
1 1/2 cup broccoli
1 can water chestnuts
1 red pepper
1/4 cup margarine
1 T. sugar
1 t. salt
1/4 cup beef broth

Bring to boil margarine, sugar, salt, broth, carrots and rutabaga. Cook until carrots and rutabagas are nearly cooked. Add broccoli, red pepper and water chestnuts. Cook until broccoli is tender, crisp. Stir often.

Joanne Osing

Saint Patrick Parish

122 West 7th Street
Cedar Falls, Iowa



Past

Present

Parish

St. Patrick Parish was organized in 1854, and the first Mass was offered in January 1855 at the home of Andrew Mullarky. Mr. and Mrs. Mullarky purchased the property at Eighth and Washington and donated it to the church. In 1856 a brick church measuring 20 feet by 40 feet was built on the property. The first resident priest was appointed in 1867. Father Gunn enlarged the church to double its size to accommodate the worshipers. He also purchased the present Parish Offices building for $1500 from the Methodists. The church was torn down in 1876 because it was not large enough. A new church was erected that year at a cost of $12,000. This building was destroyed by a fire in 1913.

Emmanuel L. Masqueray, who designed the Basilica of St. Mary in Minneapolis and the Cathedral of St. Paul in St. Paul, was commissioned to design a new church. The new church was built in 1914 at a cost of $60,000 and served a parish of about 69 families. Today there are 1200 envelope holders. On June 29, 1980, Bishop Francis Dunn presided at the blessing of Grace House, the priests' residence.

St. Patrick School

In December 1890, the school property was purchased and the building was completed in October 1891. The school was known as St. Mary's and was staffed by the Sisters of Charity. The exact date the name of the school was changed to St. Patrick is not known, but it is believed to have been around 1938. The present school building was dedicated in 1950 and expanded in 1954 and again in 1988.

Parish Buildings

St. Patrick Church	8th and Washington
St. Patrick School	7th and Washington
Parish offices	122 West 7th Street
Grace House	115 West 8th Street
Convent	216 West 7th Street

INDONESIAN PEANUT DIP

1/2 cup creamy peanut butter
2 T. molasses
2. t. soy sauce
1/4 t. garlic powder
1/4 t. crushed dried red pepper
2 T. lemon juice
1/2 cup or more water

Combine all ingredients in a small sauce pan and simmer gently for 10 minutes. Chill.

Serve with assorted fresh fruits and vegetables. This is a very tasty and nutritious snack which even children enjoy! Makes 2/3 cup.

Patricia Robb

SIX LOAVES WHITE BREAD

6 cups warm water, 115°
6 T. shortening
18 cups flour
3/4 cups sugar
1 pkg. dry yeast
3 T. salt

Mix all together until dough is formed; let rise overnight in large container. Mix down in morning; let rise again. Place in greased pans and bake 1 hour in moderate oven, 350° or until brown.

NOTE: Be sure dough is kept in warm place as action is slow due to small amount of yeast. Suggestion: Put over pilot light of stove overnight.

Geraldine Leahy

TAYLOR MANOR EGG MUFFINS

3 eggs
1/3 cup shredded mozzarella cheese
1/3 cup onion & garlic croutons
1/3 cup half and half
1/3 cup shredded cheddar cheese
salt & pepper to taste

Beat eggs, add half & half. Add remaining ingredients and stir gently. Spray muffin tins and bake at 350° for 15 to 20 minutes. Makes 4 large muffins or 6 small ones.

Marie Lemka

ENGLISH MUFFIN BREAD

2 pkg. yeast
1 t. sugar
2 cups milk
1/2 cup water
6 cups flour
2 t. salt
1/4 t. soda
cornmeal

Combine 3 cups of flour, yeast, sugar, salt and soda in a mixing bowl. Heat milk and water to very hot. Add to dry ingredients. Mix well. Add the remaining flour and mix. Spoon into 2 bread pans that have been greased and dusted with cornmeal. Sprinkle the top with cornmeal. Let rise for 45 minutes. Bake at 400° for 25 minutes.

Nancy Meyer

BANANA DELIGHT

First layer:
1 cup flour
1/2 cup pecans, pieces
1 stick of margarine

Mix together and press into bottom of $7\frac{1}{2}$x$11\frac{3}{4}$ pan and bake at 375° for 15 minutes. Cool.

Second layer:
1 cup sugar
8 oz. pkg. Philadelphia cream cheese
1 cup cool whip

Blend together and spread on top of 1st layer.

Third layer:
3 or 4 bananas

Slice bananas and spread them over the 2nd layer.

Fourth layer:
2 small pkgs. of Instant chocolate pudding

Mix as directed on package and spread over bananas. Probably won't use all of the pudding.

Fifth layer:
2 to 3 cups Cool Whip

Spread over pudding & sprinkle with pecans.

Use a 9 oz. size of Cool Whip and a small package of pecans. Use instant pudding.

Marilyn Seres

LEMON SLAW SALAD

1 - 3 oz. pkg. lemon jello
1 cup boiling water
1/2 cup mayonnaise (or Miracle Whip)
1/2 cup cold water
2 T. vinegar
1/4 t. salt
1½ head shredded cabbage
1/4 to 1/2 cup green peppers chopped fine
1 T. minced onion

Dissolve jello in boiling water. Add mayo, cold water, vinegar and salt. Whip together and put in refrigerator until partially set. Then beat until fluffy. Add cabbage, green peppers and minced onion.

Shirley Busch

MERINGUE COOKIES

2 egg whites
1/8 t. salt
1/8 t. cream of tartar
1 t. vanilla
3/4 cup white sugar
6 oz. pkg. chocolate chips
1 cup chopped nuts

Beat together the first four ingredients. Gradually add the 3/4 cup sugar. Continue beating until thick and glossy. Mix in the chips and nuts. Drop on greased cookie sheet. Bake 25 minutes at 300°

Joan L. Jackson

DATE PINWHEELS

2 cups brown sugar
2/3 cup shortening
3½ cups flour
2 eggs
1 t. soda
1/2 t. cream of tartar
3 T. milk
1 t. vanilla
1 t. salt

Mix all of the above together.

Filling:
1 cup dates*
1/2 cup water
1/2 cup sugar

Cook until thick. If using 1 - 8 oz. pkg. sugared cut-up dates, reduce sugar to 1/4 cup.

Spread filling on rolled out dough. Roll up like a jelly roll, wrap in plastic wrap and chill overnight. Usually makes 2 good-size rolls. Cut 1/8 to 1/4 inch thick.

Oven 375° for 8 to 10 minutes.

Jean Ripplinger

CAROLINE'S CHOCOLATE CAKE

2 sticks margarine
2 cups sugar
2 eggs
2 1/2 cups flour
1/2 cup cocoa
1 t. salt
1 cup buttermilk
1 t. vanilla
2 t. baking soda
1 cup hot water

Cream margarine and sugar. Add eggs, cocoa, flour, salt, buttermilk and vanilla. Combine hot water and soda until soda is completely dissolved. Mix in with other ingredients. Use greased 9x12 cake pan. Bake for 45 minutes at 350°. Let cake cool completely before frosting.

Frosting:
1 cup sugar
1/4 cup cocoa
1/4 cup milk
1/4 cup margarine

Bring sugar, milk and cocoa to boiling. Boil for one minute. Remove from heat and add margarine. Stir by hand until it thickens.

Linda Sink

LEMON CRUMBLE BARS

1 pkg. Pillsbury lemon cake mix
3 eggs
1 can lemon pudding
1/2 t. lemon juice
3/4 cup flour
3/4 stick margarine
1/2 cup sugar

Mix first four ingredients together. Pour into greased jelly roll pan. Mix flour, margarine, and sugar together and spread evenly on top. Bake at 350° for 25-30 minutes.

Helen Hood

GREEK SALAD

1 head raw cauliflower broken into small pieces
1 medium onion, chopped
1 small jar black olives sliced
tomato
1 bottle Wish-Bone Italian dressing
1 bunch raw broccoli, chopped small
1 cup chopped celery
1 green pepper diced small
1 small jar green olives w/pimentos sliced

Combine all ingredients except the tomato and chill several hours or overnight. Add chopped tomato before serving. Serves 10 plus.

Mary Jane Hursh

APRICOT MINCEMEAT PIE

1 - 11 oz. pkg. dried apricots
2 - 9 oz. pkg. condensed mincemeat
1 qt. water
2 T. lemon juice
2/3 cup light brown sugar
1 cup chopped walnuts or pecans
2 cups sliced tart apples
2 T. butter or margarine
1 egg yolk
1 T. water
pastry for 2 double crust pie (9 inch)

Place apricots, mincemeat, water, and lemon juice in bowl and soak overnight. Next day, transfer to large saucepan; stir in sugar. Bring mixture to a boil, breaking up mincemeat with spoon. Reduce heat; simmer, uncovered 10 to 15 minutes until mixture thickens, stirring from time to time. Remove from heat; cool. Stir in nutmeats.

Line 2 (9 inch) pie pans with pastry. In large bowl, combine apricot-mincemeat and sliced tart apples; mix well. Divide filling between the 2 lined pie pans. Dot surface with butter, using 1 tablespoon for each pie. Preheat oven to 425°. Cover pie with top crust; cut steam vents. Seal and edge pie. Beat egg yolk and 1 tablespoon water and brush surface of crusts with it. Bake pies about 45 minutes. Cool. Serve warm.

Barbara Kueter

HOT TACO SALAD

1 lb. hamburger
1 sm. can refried beans
1 - 8 oz. bag taco chips
1 - 8 oz. pkg. mozzarella cheese shredded
1 small head of lettuce - chopped
1 pkg. taco seasoning
1 med. onion - chopped
3-4 medium tomatoes, chopped
1 - 8 oz. pkg. cheddar cheese shredded

Brown hamburger and onion. Add taco seasoning and refried beans to hamburger mixture and small amount of water so easy to mix. Simmer until thick. Crush 1/3 bag of taco chips in bottom of 9x13 pan. Pour hamburger mixture over chips. Top this with tomatoes, lettuce, mozzarella cheese and cheddar cheese. Crush remaining chips on top. Bake 15-20 minute unitl cheeses melt at 350°.

Carol Jacobi

VEGETABLE PIZZA

2 pkg. crescent rolls
2/3 cup mayonnaise
2 8 oz. cream cheese
3 T. dillweed

Assorted vegetables:
2 tomatoes
6-7 radishes, sliced
3-4 celery
1 bunch of green onions
3-4 carrots

Spread crescent rolls out flat on cookie sheet. Bake at 400° for 10 minutes. Mix dillweed, mayonnaise and softened cream cheese. Spread over cooled rolls. Sprinkle on veggies. Sprinkle on dillweed over pizza.

Diane Flaherty

QUICHE ELEGANTE

9-inch pie shell*
6 eggs beaten
3/4 cup (3 oz.) shredded pasteurized process American cheese
1/2 cup chopped cooked chicken or turkey or 1 can (5 oz.) boned chicken, drained
1 can (2 to 2 1/2 oz.) chopped mushrooms, drained
2 T. chopped green chilies
2 T. chopped drained pimento
1 cup half and half or light cream
1/2 t. salt

Brush inside of the pie shell with a small amount of the beaten eggs. Prick bottom and sides with fork. If using a pie plate, bake shell in preheated 450°F. oven 5 minutes or until light golden brown. If using a metal pie pan, bake shell at 425°F. Set pie shell aside. Reduce oven temperture to 350°F. for pie plate, 375°F. for metal pie pan. Stir together cheese, chicken, mushrooms, chilies and pimento. Put into pie shell. To the beaten eggs, add remaining ingredients. Beat until well blended. Pour over cheese-chicken mixture. Bake in preheated oven 30 to 35 minutes or until puffed, golden brown and center shakes slightly when oven rack is moved gently back and forth. Let stand 5 minutes before serving.

*You may use a thawed frozen deep-dish pie shell. Pre-bake shell in preheated 425°F. oven. Bake quiche at 350°F. for 45 to 55 minutes. 6 servings.

Winnie Hayes

JERK-STYLE GRILLED CHICKEN

5 lbs. chicken parts
oil for brushing grill

Marinade:
2 cups chopped onion
2 jalapeno peppers (seeded) or 1-2 T. tabasco sauce
2 T. soy sauce
2 T. lime juice
3 t. ground allspice
3 t. dry ground mustard
2 bay leaves, center ribs discarded
2 garlic cloves, chopped
1 T. salt
2 t. sugar
1½ t. dried thyme
1 t. cinnamon

To make the marinade: Combine the marinade ingredients in a food processor or blender. Divide the chicken parts between 2 resealable plastic bags. Spoon the marinade over them, coating them well. Seal the bags, squeezing out the excess air. Let the chicken marinate in the refrigerator, turning the bags several times, for at least 24 hours and up to 2 days.

On an oiled rack set 4-6 inches over coals, grill the chicken for 10-15 minutes on each side or until it is cooked through. Serves 6-8.

Kelly Brumm

VEGETARIAN LENTIL STEW

2 cups dry lentils
2 medium carrots
2 stalks celery
2-4 mushrooms
1 medium green pepper
1 medium onion
1 clove garlic
1 T. tomato paste
1 T. flour
2 cans vegetable broth

Soak lentils overnight. Cut up vegetables into small pieces and stir-fry until almost done in small amount of oil. Drain lentils, add to vegetables along with tomato paste, flour and broth. Simmer for 40 minutes or until vegetables and lentils are done. Add more broth if needed. Season to taste.

Serve with a salad and crunchy bread and *enjoy.* Low calorie, low fat.

Geraldine Hall

BREAST OF CHICKEN BAKE

Melt 1/4 cup margarine in 9x13 dish

Layer:
4 chicken breasts
4 slices cheese (American or Swiss)
1 can cream of chicken soup
4 slices thin ham
1 cup croutons

Bake at 350° for 1½ hours.

Jan Krause

HAMBURGER CASSEROLE (EASY)

1 t. butter
1 lb. uncooked hamburger
1 1/2 cups catsup
3 cups tomatoes (or 1 can tomato paste and 3 cans water)
1 1/2 cup uncooked macaroni
1/4 cup chopped onion
salt & pepper to taste

Put all ingredients in buttered casserole or baking dish. Mix well. Place in 400° oven until casserole boils. Turn oven down to 275° and simmer for 45 minutes.

Kathy Rasing

MEATBALLS & MUSHROOMS

2 lbs. hamburger
1 T. parsley
1 egg
1 T. dried onion
1/2 cup Italian bread crumbs

Mix together and roll into 1" balls. Bake at 350° for about 20 minutes.

Sauce:
1 lb. fresh mushrooms (leave whole)
2 cans mushroom soup (no water)
1 4 oz. jar pimentos
1/2 cup butter
1/3 cup white wine

Sauté mushrooms in butter. Add other ingredients and meatballs. Heat thoroughly and serve. (A crockpot works well for serving as it keeps them hot.)

Donna Jordan

St. Timothys
United Methodist Church

3220 Terrace Drive
Cedar Falls, Iowa

Past

Present

Twenty Years at St. Timothys

Our Church began as a dream in the mind and heart of Dr. Frank Court, a retired minister living in Waterloo. He thought there should be a Methodist Church in this area, and in 1950 took it upon himself to ring doorbells to see how many Methodists lived in the Cedar Heights area.

In May of 1952 B.C. McNichols and Perry Grier, two laymen from Grace, Waterloo, wondered what had happened to Dr. Court's census. They inquired of Dr. Charles Hempstead, the District Supt., and he immediately set the wheels in motion to form a new church. Twelve interested Methodists met together with him in his initial meeting.

A friend of Dr. Court, Mr. William Galloway, gave us the land for our church and parsonage. In June Rev. Edward Meyer was appointed our minister, and we held services in the Cedar Heights school.

By Fall plans were progressing for a church building, comprising what is now Fellowship Hall, the kitchen, and office areas. We held our first worship service there July 19, 1953.

In 1956 we built our first parsonage. In 1959 we built our present sanctuary, and the Youth room, Conference room, and another classroom to the north. In 1961 we built an addition of two bedrooms to the parsonage. In 1965 we built the two story education wing.

From our first meeting with twelve in May of 1952, we have grown to a membership of 1001 in 1972.

In July, 1952, we organized our Women's Society of Christian Service, electing Mrs. Cecil Thompson our first President. Fifteen attended our first meeting. Our society membership totals 135. Our 1995 current church membership is 430.

St. Timothys United Methodist Church has a strong tradition of challenging educational opportunities for persons of all ages, such as hosting the Head Start Program for our area. Our church is open to non-profit community groups as a meeting place, serving the needs of the community.

St. Timothys has a faithful and innovative worship of God and a servant ministry and mission of reconciliation with and for all people. We are a church continually renewing our call.

Pastors:

Edward Meyer – 1952-1957
Robert G. Moss – 1957-1961
Roger E. Russell – 1961-1967
William H. Green – 1967-1970
Donald L. Carver – 1970-1977
Paul O. Pfaltzgraff – 1977-1980
Robert E. Leverenz – 1981-1987
Daniel J. Herndon – 1987-1994
Dennis Gilbert – 1994-

MIRACLE FRUIT CAKE

1 cup dates, cut up
1 cup raisins
2/3 cup butter or margarine
1 1/4 cup brown sugar
1 1/4 cup dark molasses
1 1/2 cups hot water

Combine and boil gently 3 minutes. Cool in large bowl.

Sift together:
3 cups flour
1/2 t. nutmeg
1 t. salt
1 t. soda
1 t. baking powder

Add two eggs, 1 pound mixed fruit and 1 cup nuts to cooled mixture. Add flour mixture in 3 parts and mix well. Bake in 2 loaf pans or 1 large angel food pan that has been greased and lined with paper for 2-2 1/2 hours at 275°.

Kathy Russell
Past Minister's wife

GUMDROP COOKIES

1 cup white sugar
1 cup brown sugar
1 cup shortening
2 eggs
pinch of salt
1 cup coconut
2 cups quick oatmeal
1 t. soda
1 t. baking powder
1 t. vanilla
12 orange gumdrop slices, cut fine
2 cups flour

Mix sugars and cream with shortening. Add eggs well beaten. Add flour, salt, soda and baking powder sifted together, then the oatmeal. Mix well. Add vanilla, coconut and orange slices and drop by teaspoons on greased baking sheet. Bake in moderate oven.

Frances Grier
Charter Member

BRUNCH CASSEROLE

12 slices bread
3/4 lb. process cheese, grated
2 t. horseradish
3 cups milk
3/4 lb. ground pork or sausage
1 t. mustard
4 eggs
salt and pepper

Sauce:
3/4 cup milk
3/4 can cream of mushroom soup

Butter 12 slices of bread on one side and place 6 slices in a 9x13 pan. Brown and drain pork. Mix with cheese, mustard and horseradish. Spread on bread. Top with 6 slices of bread, buttered side up. Beat together eggs, milk, salt and pepper. Pour over top of casserole. Let stand overnight in the refrigerator. Bake, uncovered, at 325° for 1 hour and 15 minutes. Mix milk and mushroom soup together. Heat and serve over casserole.

Polly Slife

OLD FASHIONED CHOCOLATE COOKIES

1 cup butter or margarine
2 eggs
2 t. vanilla
3 1/3 cups all purpose flour
1 1/2 t. baking soda
2/3 cup buttermilk
1 1/2 cup sugar
4 blocks (4 oz.) Hershey's baking chocolate, melted
1 cup Hershey's instant chocolate
1 t. salt

Cream butter, sugar and eggs until light and fluffy. Add baking chocolate and vanilla; blend well. Combine flour, instant chocolate, baking soda and salt. Add dry ingredients alternately with buttermilk to creamed mixture. Drop by rounded spoonful on an ungreased baking sheet. For a higher more rounded cookie, cover and chill dough at least 2 hours. Then pat dough into 1 1/2 inch balls and place on baking sheet. Bake at 375° for 12 to 14 minutes or until almost no imprint remains when touched lightly. Makes about 3 dozen cookies, but I get more because I use a small spoon.

Maxine Ethington
Charter Member

LIME SALAD

Combine and let cool:
1 pkg. lime jello
1 cup boiling water

2 cups applesauce
1 cup cottage cheese
nuts, if desired

Serve on salad greens and garnish with a tart dressing.

Ruth Kemp
Charter Member

SWEDISH RUSKS

3 cakes yeast
1 qt. milk (scalded & cooled)
5 cups flour

Soften yeast in cooled milk. Add flour and let rise one hour.

3 cups sugar
12 lb. melted butter
25 cardamon seeds (pound into a fine powder)
1 t. salt
8 cups flour
4 beaten eggs

Add sugar, eggs, salt, butter and cardamon seeds. Add flour, a little at a time, beating thoroughly after each addition. Turn onto lightly floured board and knead until smooth. Cover with a warm damp cloth. Let rise until double in bulk. Make into biscuits. Spread beaten egg over the top. Let rise until double in bulk. Bake at 300° for 10 minutes and then 250° for 40 to 50 minutes. Slice biscuits lengthwise to facilitate drying.

Thelma Anderson
Charter Member

HELP YOURSELF COFFEE RING

1 cup milk
4 T. sugar
4 cups sifted flour
2 T. shortening
2 t. salt
2 pkgs. dry yeast
1 egg
1/4 cup warm water

Scald milk and add sugar, salt, shortening; cool. Add dissolved yeast, beaten egg, flour. Let rise until double in bulk. Make into small balls, dip in melted butter or margarine, then mix 1 cup sugar and 1 teaspoon cinnamon. Let rise in an angel food pan. Bake at 350°. Turn out and cool. Delicious, each can help himself as balls break off easily. A favorite at our house for at least 15 years. Delicious re-heated in oven, whole, or in pieces.

Lily Somers
Charter Member

CAKE MIX COOKIES

1/2 cup butter or oleo
1 egg, well beaten
1/2 cup chopped walnuts
1/2 t. vanilla
1 pkg. Swans Down cake mix
1/2 cup chopped dates

Cream together the butter and vanilla extract until butter is softened. Add beaten egg and blend in cake mix. Mix in the nuts and dates. Beat until mixture is thoroughly blended. Shape dough into balls of about 1 inch, flatten with a fork. Bake 10 to 15 minutes at 375° on ungreased sheets.

Jennie Fielding
Charter Member

GINGER SNAPS

3/4 cup shortening
1 cup sugar
1/4 cup light molasses
1 beaten egg
3/4 t. cloves
2 cups flour
2 t. soda
1/4 t. salt
1 t. cinnamon
3/4 t. ginger

Cream shortening, sugar and add egg and molasses. Add sifted dry ingredients and mix well. Make balls, roll in sugar. Bake 350° for 12 minutes.

Jo Wright
Charter Member

FUDGE COOKIES

2 T. butter or oleo
1½ cups chocolate chips
1 can (15 oz.) Eagle brand condensed milk
1 cup sifted flour
1 cup chopped walnuts or coconut
1 t. vanilla

Start oven at 325°. Melt butter and chocolate over boiling water. When melted take off the stove and stir in milk, then add the flour and mix well. Finally add the nuts and vanilla. Drop by teaspoonfuls on greased baking sheet about 2 inches apart. Bake 10-12 minutes. Makes 3 dozen cookies that taste as rich as a piece of fudge.

Mrs. Lyle Wagoner
Charter Member

MAMIE EISENHOWER FUDGE

Put into large bowl:
3 bars semi-sweet chocolate
1 pkg. (12 oz.) chocolate chips
1 pt. jar marshmallow creme

Combine in pan and boil 6 minutes the following, stirring constantly:

1 lg. can Carnation milk
4½ cups sugar
2 T. butter

Pour over chips and stir until chocolate is melted. Add 2 cups nutmeats. Pour in greased pan. Cut after 24 hours.

Virginia (Wedeking) Bisbee
Charter Member

PRUNE STICKS

Dissolve and set aside:
1 cake yeast
1/4 cup lukewarm water
1 t. sugar

Cut in 1 cup lard to 4 cups flour and 1 teaspoonful salt.

Mix:
1 cup milk, scalded and cooled
1/4 cup sugar
2 egg yolks, beaten

Mix all ingredients. When light roll out real thin. Put prunes between the layer of dough. Let rise until light. Bake at 350° for 15 minutes. Frost with powdered sugar frosting. Cut in strips.

Ed Anderson
Charter Member

DEEP FAT FRIED SQUASH

butternut squash **deep fat fryer**

Peel squash, remove seeds. Cut in quarters. Slice in thin slices. Deep fat fry 1 to 2 minutes. Drain, salt, serve immediately. Delicious!

Dr. H.S. Somers
Charter Member

ICE CREAM

6 eggs
2 cups sugar
1 qt. cream
1 t. vanilla
1 t. lemon flavoring

Beat eggs until very light and fluffy. Add sugar and continue beating until mixture is spongy and stiff. Add cream and mix well, then add enough milk to adequately fill your freezer. Will make 1 gallon frozen.

Perry Grier
Charter Member

TUNA CHOW MEIN

1/4 cup margarine
1 cup hot water
1 t. salt
1 can tuna
1 T. cold water
1/4 t. sugar
1 onion, chopped
1 1/2 cups celery
1 can chop suey vegetables
1 1/2 T. corn starch
1 T. soy sauce

Sauté margarine and onion. Add 1 cup hot water, celery & salt and cook 5 minutes. Add chop suey vegetables and tuna and simmer 5 minutes. Add and heat gently 1 T. cold water, corn starch, soy sauce and sugar. Serve over rice or chow mein noodles.

Harry Slife

FROSTED CREAMS

1 cup molasses
1 T. soda
1/4 t. ginger
1 cup boiling water
2 egg yolks
1 cup shortening
1/2 t. cinnamon
1 cup sugar
1/4 t. cloves
5 cups flour

Combine molasses, shortening, sugar, boiling water and eggs. Sift flour, soda and spices together and add. Bake in shallow pans at 350°. Cut in squares after frosting.

Katherine Thompson
Charter Member

REFRIGERATED FRUIT SALAD

1 - 3 oz. cream cheese
2 T. milk or cream
1/3 cup mayonnaise
2 T. lemon juice
1/2 cup maraschino cherries, cut in halves
dash of salt
1 cup pineapple tidbits
1/2 cup pecans
1 can white cherries (remove seeds)
2 T. sugar
1 cup whipping cream

Mix cheese and milk. Add mayonnaise, lemon juice and salt. Then add pineapple, cherries and nuts. Fold in whipped cream. Pour into freezing tray or pyrex pan and allow to freeze without stirring. Can be made into individual molds.

Rev. Roger Russell
Former Minister

FIVE BEAN CASSEROLE

6 slices bacon, diced
1/2 cup catsup
2 T. worcestershire sauce
1 can kidney beans, drained
1 can yellow wax beans, drained
1 onion
1 1/2 cup brown sugar
1 can lima beans, drained
1 can green beans, drained
1 can pork & beans, drained
1/4 lb. cheese, diced: Cheddar, Old English, any kind you like

Brown bacon and onion; drain. Mix all ingredients together. Sprinkle with Parmesan cheese as topping. Bake in a 350° oven, covered, for one hour. This makes a large casserole depending on the size of cans of beans. For small cans you may wish to cut other ingredients in half.

June Carver
Former Minister's Wife

BROCCOLI RICE CASSEROLE

1/2 cup margarine
1 cup onion, chopped
2 cans cream of chicken soup
2 or 3 (10 oz. pkgs) chopped broccoli
2 cups minute rice, uncooked
2 cups milk
2 t. salt
8 oz. cheddar cheese, shredded

Cook onion in margarine. Cook broccoli until tender. Layer 1/2 of the ingredients in a 9x13 dish. Then add the last half in layers. Bake 350° for 30 minutes.

Kathy (Leverenz) Agness
Former Minister's Wife

CREWS PRE-SCHOOL PLAY DOUGH

2½ cups flour
1/2 cup salt
1 T. powdered alum
2 cups boiling water
3 T. cooking oil
food coloring

Add boiling water and oil to the mixture of the first 3 ingredients (flour, salt and powdered alum). The alum is a preservative. You may separate into 3 balls and add a different color to each. When children are through playing with it, put in a plastic container and put in a covered metal container. Will keep for months. If it does dry out a little, just knead in a little warm water.

Burdene Crews Nayhauser

TEXAS LONG CAKE

2 cups flour
2 cups sugar
2 eggs
1/4 t. salt
1/2 cup buttermilk
2 sticks oleo
1 t. soda
1 t. vanilla
3 T. cocoa
1 cup water

Melt oleo, cocoa, and water and bring to boil. Pour over sugar and flour mix well. Add other ingredients, pour in greased 9x12 pan. Bake 25 minutes at 350°. Cookie sheet makes brownies.

FROSTING
1 stick oleo
2 T. cocoa
nuts (optional)
4 to 6 T. milk
2½ cups powdered sugar

Melt oleo, milk and cocoa. Add powdered sugar. Add nuts, if desired.

Marianna Phelps Knight
Charter Member

TUNA SALAD

1 cup carrots, grated
1 cup celery, chopped
2 - 7 oz. cans light tuna
1 cup mayonnaise
onion
dash of salt
2 hard boiled eggs
1 can shoestring potatoes

Combine and chill the first 5 ingredients with salt. Before serving, add shoestring potatoes and garnish with parsley, tomatoes and eggs.

Arnetta Williams

LICKETY THICK FUDGE SAUCE

2/3 cup (5 oz. can) evaporated milk
1 - 15.4 oz. pkg. fudge frosting mix
1/2 cup butter or oleo

In 4 cup measure, measure milk; stir in frosting mix until moistened. Add butter and cook, uncovered, in microwave 4 minutes, stirring occasionally and watch carefully last minute to avoid boiling over. Serve warm or cool over cake, ice cream or pudding. Makes 3 cups sauce. Very good!

Ardie Pearson

PUMPKIN PIE DESSERT

Bottom Layer I:
1 pkg. yellow cake mix, take out 1 cup for topping
1/2 cup melted oleo
1 egg, beaten slightly

Layer II:
1 lb. (14 oz.) can pumpkin pie mix
2 eggs, slightly beaten
2/3 cup milk

Layer III:
1 cup dry cake mix
1/4 cup white sugar
1 t. cinnamon
1/4 cup oleo, not melted

Grease a 9x13 pan. Mix Layer I and press in pan.

Layer II: Mix and put on Layer I.

Layer III (topping): Combine all ingredients and cut in oleo like for pie crust. Place on top of layer II.

Bake at 350° for 45 to 50 minutes or until a knife comes out clean. Serve warm or cold with a dolop of Cool Whip.

Margo Wetrich

CHOCOLATE CHIP CAKE

Cut up **1/2 cup of dates**. Sprinkle **1 t. soda** on top and add **1 cup boiling water**. Let stand and cool. Cream **1 cup shortening**, **1 cup sugar**. Add **2 whole eggs**, **1 t. vanilla**.

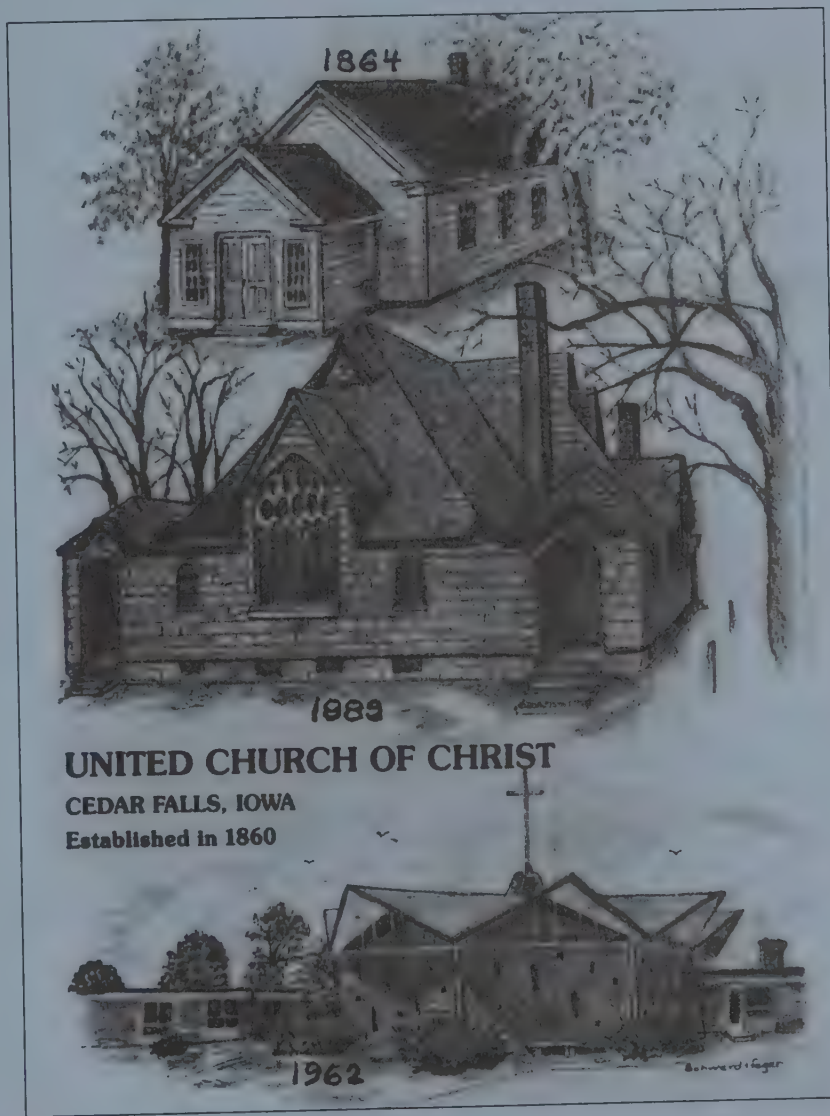
Sift and add alternately with date mixture:
1¾ cup flour
1 t. salt
1/2 cup chopped nuts
1 T. cocoa
1 pkg. chocolate chips

Add 1/2 cup chocolate chips to cake mixture. Pour mixture into well greased and well floured 9x13 pan. Sprinkle rest of chips and nuts on top. Bake at 350° for 30 minutes.

Maureen Sharpsteen
Charter Member

United Church of Christ

9204 University Avenue
Cedar Falls, Iowa



Congregational was the name of the church for about 110 years. Around the time of the centennial, the church burned and with the national organization's choice to merge with the Evangelical and Reformed church, the name became United Church of Christ. The first Congregationalists were the Pilgrim fathers who landed on Plymouth Rock, originating in England and seeking less power from the Church of England and more power for the congregation. This Congregational Church was founded in 1860 and incorporated in 1863. In 1864 the first church building was purchased from the Methodists, located at Sixth and Clay Streets, where Medical Associates presently stands. The frame church was enlarged to accommodate the growing membership and was used for 24 years. By 1889 a new edifice had been constructed, designed by a New York architect at the cost of $13,000. An educational unit was added in 1955 (and this part survived the fire and remains a part of Medical Associates). November 16, 1959 fire consumed the unusual boulder church. September 17, 1961 ground was broken for the new $224,000 church on property donated by one of the members on University Avenue. Membership has grown from the 17 charter members to approximately 260. The church is governed by a Church Council composed of President, Treasurer, Clerk and representatives from seven boards, all duly elected by the members, who also choose their pastor. For the past five years, it has been Steve Thom, an attorney before becoming ordained. An important part of worship comes from the specially designed 22-rank Reuter organ, with Lathon Jernigan of UNI – master organist. There are senior and junior choirs. Women's Fellowship has been changed to United Fellowship – open to all adults. This group meets monthly (Sept.-May) for devotions, program and lunch. There is a morning and an evening circle. From these groups come volunteers for wedding and funeral receptions, Church Women United activities including Meals on Wheels and celebrations, Community Meals (for 8 years), and contributions for church projects of all kinds. There are two active youth groups. For 8 years the church housed Casa Montessori, continue to provide office space for Young Life, a meeting place for a 4-H group, and a Barbershop group. They support the Food Bank and Bible Conference and many other community activities. UCC is a small and friendly church, handicap accessible and welcomes everyone.

Virginia Douglas, Church Historian

BEEF ROAST BURGUNDY

beef roast
2 cans mushrooms, drained
1 pkg. dry onion soup
1 cup Burgundy wine
2 T. oleo
1/2 cup water

Preheat oven to 325°. Brown roast in 1/2 cup wine and 2 T. oleo. Line roaster with aluminum foil long enough to seal completely and big enough to be like a tent. Place roast on foil. Add dry onion soup, mushrooms, 1/2 cup wine and drippings from pan to which 1/2 cup water was added to loosen from pan. Bake at 325° for at least 2 hours.

Janeen Danielsen (Mrs. Dale)

BUNDT RHUBARB COFFEE CAKE

1/2 cup shortening
1/2 cup brown sugar
2 1/2 cups flour
1 t. salt
2 cups finely cut rhubarb
1 t. vanilla
1 cup granulated sugar
1 egg
1 t. soda
1 cup buttermilk
1/2 cup chopped nuts (optional)

At end:
1/2 cup granulated sugar
1 t. cinnamon

In large bowl, cream shortening with 1 cup granulated sugar and 1/2 cup brown sugar. Add egg. Sift together dry ingredients and add alternately with buttermilk. Add rhubarb, nuts, vanilla. Blend remaining sugar with cinnamon. Sprinkle half into greased 12 cup bundt pan. Pour in batter; sprinkle with remaining cinnamon mixture. Bake at 350° 45-50 minutes or until cake tests done. Cool in pan 10 to 15 minutes. Turn out on wire rack or plate and cool.

Betty Moon (Mrs. Seaton)

CARROT-BRAN QUICK BREAD

3/4 cup melted & cooled margarine
3 eggs
1 1/2 t. cinnamon
1 3/4 cups flour
2 t. baking powder
(opt.)
3/4 cup 100% Nabisco-Bran cereal
1 cup sugar
1 1/2 cups grated carrot
1 t. baking soda
1/2 cups raisins, dates or nuts

Beat margarine and eggs until blended. Stir in bran cereal and let stand 5 minutes. Combine flour, sugar, baking powder, cinnamon, soda. Blend into bran mixture. Stir in carrots and raisins. Bake in loaf (greased) pan 9x5x3, at 350° for 50 to 55 minutes. Slice when cooled.

Jean E. Porter (Mrs. Gordon)

OLD FASHIONED CORN BREAD

1 cup stone ground corn meal
1/2 t. salt
1 egg
1 cup buttermilk
1/2 t. soda
2 T. melted shortening or bacon drippings

Mix all ingredients. Bake in greased round pie pan at 400° for about 20 minutes.

This recipe came from Kentucky in 1804. A good moist cornbread. Bake a douple recipe in a 7x11 pan.

Monabelle Hake (Mrs. Herb)

HONEY-BRAN BREAD

2 eggs
3/4 cup dry milk
1½ cups hot water
2 T. corn oil
2 T. sugar

Mix:
2 cups bread flour
2 T. dry yeast

3/4 cup Grape Nuts (softened)
2 t. salt
4-5 cups bread flour
1 cup wheat bran
2 T. honey

Place Grape Nuts in a coffee cup and cover with hot water. Put lid on. In a large bowl put eggs, oil, dry milk, sugar and mix well. Add hot water (125°) and mix again. Stir in the flour-yeast mixture. Let sit 5 minutes. Add Grape Nuts, wheat bran, salt, honey and bread flour. When dough can be handled, knead lightly and place in a greased bowl. Cover and let sit 30 minutes. Turn on oven (350°). Punch down and knead 5 minutes. Shape into 3 loaves in greased pans. Cover. After 15 minutes bake in 350° oven – about 30 minutes. Put on rack and brush with margarine.

Bart McAninch

MRS. SEERLEY'S MOLASSES COOKIES

1 cup sugar
4 T. hot water
1 cup lard and butter

Heat, but do not boil. While hot add:
1 cup molasses
2 t. soda
4 cups flour

Mix well. Chill. Roll thin. Cut with 4" cookie cutter. Bake in quick oven, 375° 6-8 minutes. Watch closely as they tend to burn.

Mrs. Seerley, wife of Iowa State Teachers College President Homer Seerley, and members of our church, served these cookies at the first meeting of the I.S.T.C. Faculty Dames held at her home, 2501 College St., Cedar Falls.

Submitted by Julia (Judy) Fossum

PEANUT BUTTER COOKIES

1 cup margarine
1 cup sugar
2 eggs
2 1/2 cups flour
1 cup peanut butter
1 cup brown sugar
1 t. vanilla
1 1/2 t. soda

Thoroughly cream first 4 ingredients (margarine, peanut butter, sugars). Add eggs and vanilla. Blend dry ingredients into mixture. Shape into 1 inch balls. Roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Criss cross with fork tines dipped in sugar. Bake 9-10 minutes at 375°.

Lois Gladson (Mrs. Dick)

HOT CRAB OPEN FACERS

1 - 7 1/2 oz. can crab meat
1/4 cup Miracle Whip
1 egg yolk
1/4 t. prepared mustard
1 pkg. English muffins
1 - 3 oz. pkg. cream cheese
1 t. finely chopped onion

Drain and flake crab meat. Combine with Miracle whip. In separate bowl combine softened cream cheese, egg yolk, onion and mustard – beat until smooth and creamy.

Split and toast four English muffins – spread with margarine, put crab mixture on top of muffins and spread with cream cheese mixture.

Broil 5-6 inches from heat, 2 or 3 minutes until top is bubbly and golden.

Betty Wittren (Mrs. Richard)

PUFF PASTRY

1 cup water
1 cup flour
4 pkgs. French vanilla instant pudding
1 qt. milk
1 stick margarine
4 eggs
2 - 8 oz. pkg. cream cheese
1 - 12 oz. carton Cool Whip

Combine water and margarine. Bring to boil. Add flour all at once. Stir until it forms a ball. Add eggs one at a time, beating well after each addition. Spread into 9x13 greased pan. Bake 30 minutes at 400°.

Filling: Combine pudding, cream cheese and milk. Beat until thick. Spread on crust. Top with Cool Whip. Cut into squares.

Viola VanHauen (Mrs. Glenn)

RHUBARB CREAM PIE

1 1/2 cups sugar
1/2 t. nutmeg
2 eggs, well beaten
3 T. flour
1 T. butter
3 cups cut rhubarb

Blend sugar, flour, nutmeg and butter. Add eggs, beat smooth. Pour over rhubarb in 9 inch pastry lined pan. Top with pastry cut in fancy shapes. Bake in very hot oven (450°) 10 minutes then in moderate oven (350°) 30 minutes.

Alice Heise (Mrs. Roger)

JOY CORNING'S RICE PILAF

1 cup uncooked white rice (not quick-cook type)
1/2 cup slivered almonds, chopped
1/2 cup margarine
1/2 cup uncooked vermicelli spaghetti, broken into short lengths one inch or so)
2 cups undiluted canned French onion soup

Brown rice, vermicelli and almonds in the margarine. Stir in soup. Bake in covered, greased casserole. Bake at 350° for 30 to 40 minutes. Serves 4-6.

Carol Zeigler

BROCCOLI SALAD

1 lg. bunch fresh broccoli
1 sm. red onion, thinly sliced
2 cups diced fresh mushrooms
1 - 8 oz. can sliced water chestnuts, drained
1 t. celery seeds
12 bacon slices, cooked & crumbled
1/2 cup vinegar
1/3 cup sugar
2/3 cup mayonnaise
1/2 t. salt

Wash broccoli. Cut flowerets away from stems. Place flowerets in boiling water 1 to 2 minutes. Drain and rinse in cold water immediately. Place broccoli into large bowl, add onion, mushrooms, water chestnuts and bacon. Set aside. Combine vinegar, sugar, mayonnaise, salt and celery seeds. Pour over broccoli and toss gently. Cover and chill overnight. Yield: 6 servings.

Dolores Tamisiea (Mrs. Don)

HOT CHICKEN SALAD

2 cups chicken, cut up
1/2 cup almonds, slivered
1 T. onion, minced
1 cup mayonnaise
1/2 cup American or cheddar cheese, grated
2 cups celery, chopped
1/2 t. salt
2 T. lemon juice
hard-boiled eggs, chopped
1 1/2 cup croutons, plain or seasoned

Combine all ingredients except croutons and cheese. Pile into pyrex casserole. Top with croutons and grated cheese. Bake 450° for 10 minutes.

Can do ahead – freezes very well.

Maribelle H. Betterton (Mrs. Richard)

COLESLAW

1 qt. cabbage, shredded
1/8 t. celery seed
1/4 cup carrots, shredded
1 green pepper, chopped (optional)

Dressing:
3/4 cup salad dressing
3 oz. of half and half or sour cream
1/3 cup sugar
3 t. vinegar
dash of salt

Mix together cabbage, carrots, celery seed, and optional green pepper. Mix salad dressing, sugar, half and half, vinegar, and salt. Pour this over cabbage. Stir together and chill for awhile before serving.

John Tarr

CRUNCH LETTUCE SALAD

2 T. sugar
1 1/2 t. salt
2 t. Accent
6 t. white vinegar
1/2 cup salad oil
1 cup Chow Mein noodles
2-3 oz. pkg. slivered almonds
2 T. sesame seeds
1 head lettuce
4 or more green onions, chopped
5-6 slices bacon, crumbled

Mix sugar, salt, Accent, vinegar and salad oil – set aside. In 350° oven, toast almonds and sesame seeds for 10 minutes. Tear lettuce, add onion, bacon, almonds, and sesame seeds. Toss with dressing and chow mein noodles just before serving.

Rosie Kienzle (Mrs. Harold)

EASY POTATO SALAD

5 lbs. potatoes
1/2 cup bottled Italian dressing
1/4 cup prepared mustard
4 hard boiled eggs
1/2 cup sweet pickle relish
1 cup sliced green onions
1 cup mayonnaise or salad dressing
3 t. salt
2 cups diced celery

Dice potatoes, add onions and Italian dressing. Cover and chill 1 hour. Combine salad dressing, mustard, salt and pour over potatoes. Toss to coat. Add celery, eggs and pickle relish. Chill. Serves 10-12.

Maylene Frink (Mrs. Richard)

FRENCH DIP SANDWICH

2 1/2 lb. beef roast (cut in small pieces)
1/8 t. garlic powder
1 pkg. onion soup mix
3 t. dry beef bouillon
1 cup water

Place roast in crock pot – mix and pour remaining ingredients over roast. Cook on low (I usually use high for most of the time) for 10-12 hours. Serve on a hoagie bun. After bun is filled, sprinkle Mozzarella cheese and put in microwave until melted.

Vera Sullivan (Mrs. Harry)

INFALLIBLE SOUFFLE

16 slices bread, trimmed and cut in half (Pepperidge Farm white)
1/2 lb. swiss cheese, grated
3 cups milk
1/2 t. dry mustard
1 lb. ham, cubed in bite-sized pieces
1/4 lb. cheddar cheese, grated
6 eggs
1/2 t. onion salt

Topping:
6 oz. crushed corn flakes
1/4 cup melted margarine

Grease 9x13 pan.
1st layer: bread,enough to cover bottom of pan
2nd layer: half of ham or Canadian bacon
3rd layer: half of swiss and half of cheddar cheese
Repeat all three layers above in same order. Combine milk, eggs and seasonings. Pour over above, making sure to cover all area. Refrigerate overnight. Remove from refrigerator 1/2 hour before baking. Combine corn flakes and melted margarine for topping. Bake 350° for 40-45 minutes.

Evelyn Fullbright (Mrs. Russ)

DELUXE RICE CHICKEN CASSEROLE

1 - 6 oz. box long grain & wild rice
1 can cream of celery soup
2 cups mayonnaise
2 cans french style green beans, drained
3 cups cooked & diced chicken
1/4 cup minced onion
1 can sliced water chestnuts, drained
paprika & grated Parmesan cheese

Cook rice as directed on box. Add all ingredients except paprika and cheese. Mix thoroughly. Pour in a greased 9x13 pan. Sprinkle with paprika and Parmesan cheese. Cover with foil and bake at 350° for one hour. Uncover and brown.

Can be mixed and put in refrigerator over night. Allow extra 45 minutes for baking.

Viola Martin (Mrs. Don)

HAM-BROCCOLI CASSEROLE

2 - 10 oz. pkgs. frozen broccoli, chopped
1/8 t. pepper
3 T. flour
3 cups milk
cheese
3 cups of cubed ham, pre-cooked
4 T. butter or margarine
1/2 t. onion powder
1/4 t. garlic salt
1 t. paprika
2 cups grated sharp cheddar
1 - 8 oz. bag dry crumb type stuffing mix

Cook broccoli as directed on pkg. and drain. In heavy saucepan, melt one half of butter and add all seasonings and herbs. Stir in flour. Heat milk and add to above mixture gradually. Cook until thickened. Add cheese and stir until cheese is melted.

In well buttered 9x13 casserole, cover bottom with dry stuffing mix, followed by layers of ham, broccoli and cheese sauce. Melt remaining butter (2 T.); stir in at least 1 cup of the stuffing mix and sprinkle over the top. Bake at 350° for 45 minutes.

Helen C. Bebb (Mrs. Randall)

CONGREGATIONAL CHICKEN CASSEROLE

2 cans cream of chicken soup
4 cups chicken
2 cups diced, peeled apples
1/2 lb. Pepperidge Farm dressing
1 cup milk
pimiento for color
1 cup melted oleo

Place soup, milk, chicken, pimiento in bottom of 9x13 pan. Put half of dressing on top. Add apples and rest of dressing. Pour melted butter over top. Bake covered 1/2 hour. Bake uncovered 1/2 hour. Serves 12. (Served at Spring Luncheons at First Congregational, Winona, MN.)

Virginia M. Douglas (Mrs. Lloyd)

NORWEGIAN COFFEE CAKE

1 cup sugar
2 eggs
1/2 cup nuts
salt
1/2 cup raisins
1/2 cup sugar
1/2 cup shortening
1 cup sour milk
2 cups flour
1 t. soda
1/2 orange, rind and juice

Cream sugar and shortening, add beaten eggs, sour milk, flour, salt and soda sifted together. In adding flour alternate with raisins, nutmeats and rind of 1/2 orange. Bake in shallow loaf pan. When still warm, pour over the cake the juice of one orange which has been mixed with 1/2 cup sugar. When topped with whipped cream, it makes an excellent dessert. (From old recipe book – about 50 years old.)

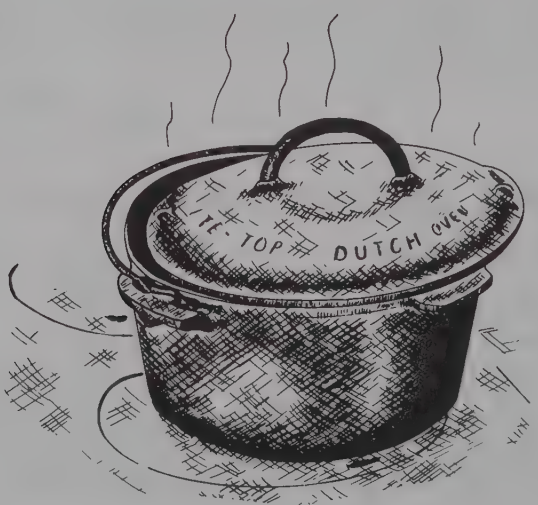
Mrs. Roger Leavitt

POTATOES O'BRIEN

8 to 10 potatoes
1 onion
salt and pepper
1 green pepper
1 pimento
butter

Pare and put eight or ten potatoes thru large knife of food chopper. Let stand in cold water, changing water several times. Put 1 green pepper, onion, pimento thru finer knife. Arrange all in shallow baking dish or pan – season well with salt, pepper and butter. Pour over scalded milk and bake slowly 2 1/2 to 3 hours, adding more milk as needed. (From *older* recipe book – around 75 years old(?).)

Mrs. Jos. B. Clay



Valley View Baptist Church

815 Orchard Drive
Cedar Falls, Iowa

Ground Breaking Ceremony

Present Church

Valley View Baptist Church was chartered in May of 1960 by members of First Baptist Churches in Cedar Falls and Waterloo. First Baptist of Cedar Falls was overcrowded and needed to make a decision to continue the mission church meeting in Orchard Hill School, to relocate, or to open the way for a new church. The membership voted on the latter. A five acre tract of land in the southern part of Cedar Falls owned by First Baptist was given to the new congregation.

The Reverend Howard Johnson pastored both churches. His term of two months as Pastor at Valley View was one of the shortest in Iowa Baptist circles and followed his term of nine years at First Baptist. He had resigned before the chartering.

The first full time pastor was the Reverend Quentin Sewell who served from 1960 until 1964. Up to the present time the church has been served by seven full time pastors and by seven interims. Since July of 1992 Dr. Mary Robinson has been our pastor first as interim and as of December 1993 full time pastor.

The parsonage at 3207 Carlton was purchased in 1960, and construction on the church building began in 1963. The congregation occupied the building at 815 Orchard Drive in January, 1964.

The stated slogan of the church which aptly describes its character is "A caring, serving fellowship." The church has always been actively involved in community needs. These have included weekly neighborhood coffees for women to serve the many new people moving into the area in the 70s; a support group for the unemployed in the 80s and an ongoing weekly community meal for the poor and lonely started at that time in cooperation with other churches; regular participation in Food Bank and the Salvation Army; Meals on Wheels and Church Women United.

Valley View has maintained a high level of support for the Unified Mission Budget and for special offerings. Pastors and people have been strongly supportive of and have provided leadership in the American Baptist Churches at national, region, and area levels.

At present a deliberate effort is being made to reach out to a new federally subsidized apartment development. We are also near the Hillside Courts Housing area of the University of Northern Iowa and have several families from there including some from Japan, Albania, and Nigeria. We hope in the future to contact the many new families moving into the developing area east and south of the church.

A separate youth church meets during the adult worship services to meet the needs of elementary, junior, and high school youth.

We share with many other churches the need for new lay leadership, a broader financial base, and the need for capital improvements, but with a fine pastor and old and new friends and members building on the work of those who have gone before, we expect great and exciting things from God.

YORKSHIRE PUDDING

2 eggs
1 cup milk
1 cup flour
1/2 t. salt

Beat eggs slightly, add flour, milk and salt. Beat until just smooth. Generously oil muffin tins and pre-heat until oil smokes (425°F). Quickly pour each cup of heated muffin tin half full of batter. Bake for 15 minutes at 425°F, reduce heat to 325°F and bake for another 15 minutes, or until golden brown. Serve with favorite meat and gravy.

NOTE: Yorkshire pudding is a bread, not a dessert.

Wilma Bentley

LEMON CUSTARD CAKE

1 - 10" angel food cake
1 1/2 cups cold milk
1 can cherry pie filling
1 pkg. Instant lemon pudding
1 cup sour cream

Tear angel food cake into bite size pieces into a 9x13 dish. Combine pudding, sour cream, milk. Beat 2 minutes. Spread over cake. Spoon cherry pie filling on top. Refrigerate.

Bette J. Carver

FRUIT PIZZA

1 pkg. Pillsbury sugar cookie dough
1/3 cup sugar
1 8 oz. pkg. cream cheese
1/2 t. vanilla

Fruit: (examples: strawberries, mandarin oranges, bananas (dip in pineapple juice) pineapple, any fresh fruit

Glaze:
1/4 cup orange marmalade
1 T. water

Pat sugar cookie dough to flatten on a 14 inch greased pizza pan. Bake 8-10 minutes. Cool. Beat together cream cheese, sugar and vanilla. Spread on crust. Pat juice out of fruit on a paper towel. Arrange fruit in a circle on cream cheese. Make a glaze of orange marmalade and water and drizzle over fruit. Refrigerate.

Linda Boorom

BANANA BREAD

1 1/2 cups sugar
3 (any size) mashed bananas
salt
3 cups flour
1/2 cup butter or shortening
1 t. soda dissolved in 6 T. sour milk
1/2 cup nut meats

Mix in order given. Starting with sugar and ending with flour (left to right). Bake at 325° for 45-60 minutes. Makes two loaves.

Helen Hannan

CRANBERRY ORANGE TEA

2 1/2 cups Cranberry Juice Cocktail
1 cup water
2 cinnamon sticks
1/8 t. nutmeg
1 cup orange juice
1/3 cup sugar
2 fresh orange slices (quartered)
2 t. instant tea

Combine cranberry juice, orange juice, water, sugar, orange slices, cinnamon sticks, and nutmeg in medium sauce pan. Heat to boiling. Reduce heat. Cover and simmer 5 minutes. Stir in instant tea. Serves 6.

Iva Dailey

REGAL CHICKEN SALAD

4 cups diced cooked chicken
2 cups seedless grapes (cut in half)
1 cup chopped celery
1/4 t. tarragon
2 T. lemon juice
1 can (1lb.4 1/2 oz.) pineapple chunks drained, but reserve 2 T. juice
2/3 cup dry salted peanuts
1 cup mayonnaise
2 T. pineapple juice

Combine chicken, pineapple, grapes, celery, and peanuts. Add tarragon. Stir.

Combine mayonnaise, lemon juice, and pineapple juice. Add to first mixture. Use parsley for garnish, if desired.

Marcia L. Street

CHERRY BARS

1/2 cup oleo
1 3/4 cups sugar
4 eggs (beat in 1 at a time)
1 t. vanilla
a dash of salt
1 1/2 t. baking powder in 3 cups flour

Beat these together well; then put 2/3rds of batter in a buttered 11x17 pan. Next, spread **1 can of cherry pie filling** over this batter. Drop the rest of the batter over the top by teaspoons full, and gently spread this batter with a spoon. (Cherry filling will be peaking through throughout).

Bake for 45 minutes at 350°. While it is still warm, drizzle powder sugar frosting over the top.

Cynthia Myers

GRAM'S HAM BALLS

2 1/2 lbs. ground cooked ham
1 lb. lean ground beef
3 eggs
2 cups milk
2 lbs. fresh ground pork (not sausage) or ground turkey
3 cups graham cracker crumbs

(Amounts of meat are approximate)

Sauce:
2 cans tomato soup
3/4 cup brown sugar
3/4 cup vinegar
2 t. prepared mustard

Mix thoroughly and measure 1/3 cup portions. Place on baking pan. (May also be frozen.)

Cover with sauce. Bake one hour at 350°. Serves 25.

Mary Ellen Dreier

GOLDEN FRUIT SALAD DRESSING

1/2 cup sugar
1 t. dry mustard
1 t. onion juice or 1 green onion, finely chopped
1 t. celery seed, if desired
1 t. salt
1 t. paprika
1 cup salad oil
1/4 cup vinegar

Mix dry ingredients through a sieve. Add vinegar and salad oil alternately while mixing with electric mixer.

NOTE: Start and finish with the vinegar so the product will not separate. Add onion juice during the mixing process, or add green onion at the end.

Mildred H. Wood

APPLE MUFFINS

2 cups flour
3/4 t. salt
1/4 t. nutmeg
1 egg
1/3 cup melted shortening
4 t. baking powder
3/4 t. cinnamon
1/4 cup sugar
1 cup milk
3/4 cup chopped apples

Combine egg, milk and shortening. Make a well in dry ingredients and add liquid all at once. Stir till mixed. Add apples. Fill muffin pans 2/3 full. Bake at 400° for 25 minutes.

Adel Kessler

BROCCOLI SALAD

2 bunches raw broccoli, cut in small pieces
8 slices fried crumbled bacon
1 med. red onion, diced
1/2 cup shredded cheddar cheese

Dressing:
1/2 cup mayonnaise
2 T. sorghum
2 T. sugar
2 T. vinegar

(If I do not have sorghum I use about 1 large T. dark brown sugar.)

Combine broccoli, onion, cheese, and bacon. Mix mayonnaise, sugar, sorghum and vinegar. Toss the two mixtures together. Marinate 1 to 3 hours. This combination of ingredients seems an unlikely blend, but it is very delicious. Try it!

Juanita K. McIntosh

RICE WITH CABBAGE AND MEATBALLS

2½ cups rice
1 lb. ground beef
1/4 t. cayenne pepper
1 small head shredded cabbage
1 grated medium size onion
1 t. salt
1/2 t. curry powder
6 T. vegetable oil

Soak the rice in some water with one tablespoon salt, for at least one hour (the water has to cover the rice).

Meanwhile mix the onion, beef, salt and pepper with 1/4 t. curry powder, mix it well. Make meatballs (one inch in diameter). Fry them in one tablespoon oil until they get slightly brown. Put them aside.

Place the shredded cabbage in a covered pan or pot (big size) on med/low heat. Stir it frequently for 15 minutes. Then add 2 to 3 tablespoons oil and fry it uncovered until it gets golden. (Stir it constantly). Add 1/4 t. salt and 1/4 t. curry powder. Add it to the meatballs and put it aside.

In a big pot, boil 10 cups water (high heat). Add the rice; stir it once in a while, until the rice gets a little soft (not too soft, not hard). Drain the water. Put the pot back on the stove (on low heat), pour 2 T. oil in the pot. Place half of the rice in the pot. Add the mixture of cabbage and beef to the rice. Cover them with the remaining rice. Cover the pot. Steam the rice for 30 minutes.

SUGGESTION: This meal is good to be served with plain yogurt, a green salad with oil & vinegar.

Haiedeh M. Neysi

HEARTY BEEF STEW

2 lbs. beef, cut in 1" cubes
1 can beer (12 oz.)
1/2 cup barley
1 envelope onion soup mix (1.5 oz)
20 oz. bag of frozen vegetables for stew
1 cup water
1 can tomato paste (6 oz.)
1 bay leaf
1/4 t. pepper

In Dutch oven, combine beef, water, beer, tomato paste, barley, soup mix, bay leaf and pepper. Bring to a boil, stirring occasionally. Reduce heat, cover and simmer 1 hour 15 minutes. Add vegetables and continue cooking 15-20 minutes. Remove bay leaf and serve.

Norma Faris

CROCK POT HAM & SCALLOPED POTATOES

6-8 slices of ham
2 onions, thinly sliced
1 cup grated cheddar or American cheese
8-10 med. potatoes, peeled and thinly sliced
1 can (10 oz.) cream of celery or mushroom soup

Layer half of the ham, potatoes and onions in crock pot. Sprinkle with salt and pepper to taste. Top with half the cheese. Repeat layers. Spoon undiluted soup over the top. Sprinkle with paprika. Cover and cook on low heat 8-10 hours or high heat 4 hours.

Ethel Ackerman

APRICOT-PINEAPPLE SALAD

large can apricots
2 pkg. orange jello
marshmallows
large can diced pineapple
2 cups hot water

Topping:
1/2 cup apricot juice
2 T. (heaping) flour
1 egg (beaten)
1/2 cup pineapple juice
1/2 cup sugar
2 T. butter

Drain apricots and pineapple. Mix jello, hot water, 1/2 cup each apricot and pineapple juice. Mix in mashed apricots and diced pineapple when thickened a little cover with marshmallows.

Cook topping till thick and cool. When cooled fold in one pkg. of whipped Dream Whip and spread over set jello and refrigerate. Can be made the night before.

Marcella Young

SOY SAUCE SALAD DRESSING

1/3 cup soy sauce
1/3 cup olive oil
3 garlic cloves, finely minced
1/3 cup *fresh* lemon juice
2 bay leaves, crushed in tiny pieces

Mix all ingredients, shake well. Keep refrigerated when not using. Better after "aging" overnight or longer.

It may be necessary to shake vigorously just before each use or let stand at room temperature for a few minutes to melt the olive oil.

Use sparingly – very *intense* flavor. Great with salads made with Romaine, green or red leaf lettuce, spinach is also a possibility.

Pastor Mary E. Robinson

PUMPKIN CRUNCH

Bottom:

yellow cake mix (less one cup for later use)
1/2 cup margarine, melted
1 egg

Filling:

3 cups pumpkin pie mix (Libby)
2/3 cup milk
2 eggs

Top:

1 cup yellow cake mix (saved)
1/4 cup white sugar
1/3 t. cinnamon
1/4 cup soft margarine

1) Mix and press ingredients for bottom into 9x13 pan.

2) Mix and pour pumpkin pie mix, eggs, and milk over the bottom layer.

3) Mix saved cake mix, cinnamon, sugar and soft margarine until crumbly and sprinkle on top.

4) Bake at 350° 70-75 minutes and serve with whipped topping.

Marcyla Bielefeldt

SPINACH SALAD WITH STRAWBERRIES

Dressing:

1/4 cup sugar
1/4 t. pepper
1/4 cup wine vinegar
1/2 t. salt
1/2 cup salad oil
dash of Tabasco sauce

Toast 1/2 cup sliced almonds with 1/4 cup sugar in 350° oven for 5 to 8 minutes. Sprinkle with small amount of water and stir. Microwave may be used. Combine above dressing ingredients in covered jar, shake to dissolve sugar and chill.

Combine desired amount of **spinach** which has been torn, **2 green onions** which have been chopped, and **1 cup sliced strawberries** with just enough dressing to make leaves glisten.

NOTE: Other ingredients which might be used are walnuts, sunflower seeds, leaf lettuce, and mandarin oranges, peaches, apples, etc.

Betty Van Gerpen

LUNCHEON MEAT

3 lbs. hamburger
1/4 t. dry mustard
1 t. onion salt
2 T. liquid smoke
1/4 t. garlic powder
1 cup water

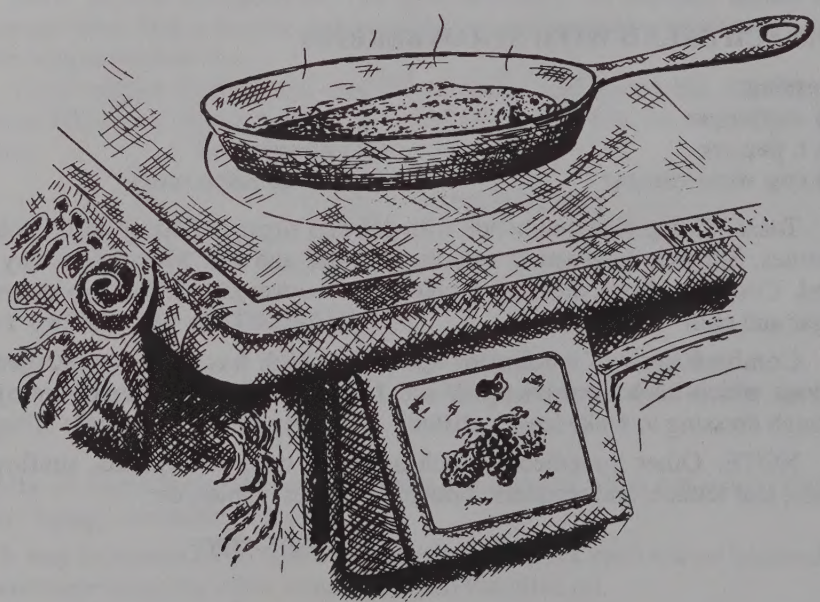
Mix well. Form into 2 rolls. Wrap in foil – shiny side to inside. Refrigerate for 24 hours. Put in cake pan in 3/4 inch of water. Prick foil. Bake at 325°F. for 90 minutes. Slice.

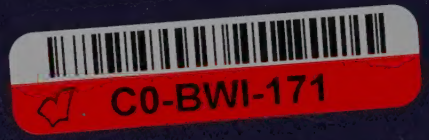
Joyce Lauer

CORN SALAD – Fresh, canned or frozen

3/4 cup chopped tomato
1/2 cup chopped celery
1/2 cup chopped green pepper
1/4 cup chopped onion
1/4 cup prepared Ranch salad dressing

Combine dressing with other ingredients.

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